



## Hot Crab Crostini

READY IN



30 min.

SERVINGS



24

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 crusty baguette french cut into 1/4-inch slices (24 slices)
- 1 tablespoon vegetable oil
- 6 ounces crabmeat flaked drained well canned
- 2 ounces pimientos diced drained well
- 0.5 cup swiss cheese shredded
- 0.5 cup parmesan cheese grated
- 0.3 cup approx cream cheese spread (from 8-ounce container)
- 0.3 teaspoon hot sauce red
- 1 tablespoon chives fresh chopped

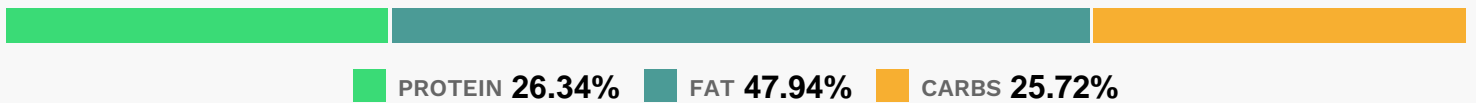
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Heat oven to 400°.
- Place bread slices on large ungreased cookie sheet.
- Brush
- tops lightly with oil.
- Bake 3 to 5 minutes or until crisp and very light brown.
- Meanwhile, mix remaining ingredients except chives in medium bowl.
- Spread 1
- rounded table-spoonful crabmeat mixture on each bread slice.
- Bake about 5 minutes or until filling is hot and cheese is melted.
- Sprinkle with
- chives.

## Nutrition Facts



## Properties

Glycemic Index:7.86, Glycemic Load:1.77, Inflammation Score:-1, Nutrition Score:2.4930434904021%

## Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 48.56kcal (2.43%), Fat: 2.56g (3.95%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 3.1g (1.03%), Net Carbohydrates: 2.93g (1.07%), Sugar: 0.4g (0.44%), Cholesterol: 12.25mg (4.08%), Sodium: 125.19mg (5.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Selenium: 5.35µg (7.64%), Vitamin B12: 0.33µg (5.53%), Calcium: 53.48mg (5.35%), Phosphorus: 48.23mg (4.82%), Vitamin C: 2.79mg (3.39%), Copper: 0.07mg (3.38%), Zinc: 0.51mg (3.37%), Vitamin A: 127.53IU (2.55%), Folate: 9.81µg (2.45%), Vitamin B2: 0.04mg (2.31%), Vitamin B3: 0.45mg (2.27%), Vitamin B1: 0.03mg (2.22%), Vitamin K: 1.79µg (1.71%), Manganese: 0.03mg (1.7%), Vitamin E: 0.24mg (1.57%), Iron: 0.28mg (1.55%), Magnesium: 5.6mg (1.4%), Vitamin B6: 0.03mg (1.31%), Vitamin B5: 0.11mg (1.07%), Potassium: 35.24mg (1.01%)