

King Crab Toasts

READY IN



45 min.

SERVINGS



45

CALORIES



51 kcal

Ingredients

- ☐ 2 tablespoons celery diced finely
- ☐ 0.5 pound king crabmeat coarsely chopped
- ☐ 4 ounces cream cheese softened
- ☐ 2 tablespoons catsup
- ☐ 2 tablespoons mayonnaise
- ☐ 0.3 cup onion grated
- ☐ 1 pound cocktail rye lightly toasted seeded sliced
- ☐ 45 servings salt and pepper freshly ground
- ☐ 45 servings all the tabasco sauce you handle

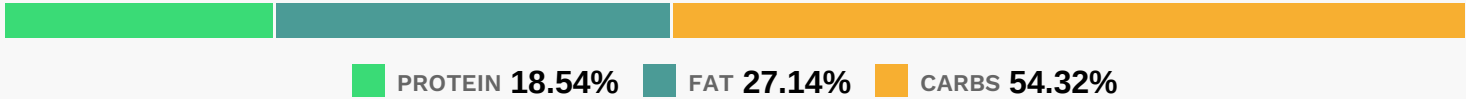
Equipment

- ☐ bowl
- ☐ broiler

Directions

- ☐ Preheat the broiler. In a large bowl, combine the cream cheese with the onion, ketchup, mayonnaise and celery. Fold in the crabmeat and season with Tabasco, salt and pepper.
- ☐ Spread a heaping teaspoon of the crab mixture on each toast to cover the surface. Broil in 2 batches for about 2 minutes, or until evenly browned.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:3.02, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:4.923043432848%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 51.15kcal (2.56%), Fat: 1.64g (2.52%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 5.07g (1.84%), Sugar: 0.4g (0.44%), Cholesterol: 4.92mg (1.64%), Sodium: 256.91mg (11.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.03%), Manganese: 0.68mg (34.03%), Selenium: 7.22µg (10.31%), Fiber: 2.31g (9.22%), Phosphorus: 78.18mg (7.82%), Vitamin B12: 0.46µg (7.66%), Magnesium: 27.95mg (6.99%), Copper: 0.12mg (5.95%), Zinc: 0.88mg (5.88%), Iron: 0.69mg (3.81%), Vitamin B3: 0.62mg (3.12%), Potassium: 92.03mg (2.63%), Vitamin B6: 0.05mg (2.61%), Vitamin B2: 0.04mg (2.35%), Vitamin B1: 0.03mg (2.25%), Vitamin B5: 0.19mg (1.87%), Vitamin K: 1.79µg (1.71%), Vitamin E: 0.19mg (1.29%), Calcium: 11.1mg (1.11%), Folate: 4.41µg (1.1%)