



Lemon potted crab



Gluten Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



311 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 400 g crab meat
- ☐ 1 large pinch cayenne pepper
- ☐ 0.5 juice of lemon
- ☐ 300 g butter
- ☐ 1 leaves parsley to decorate fresh

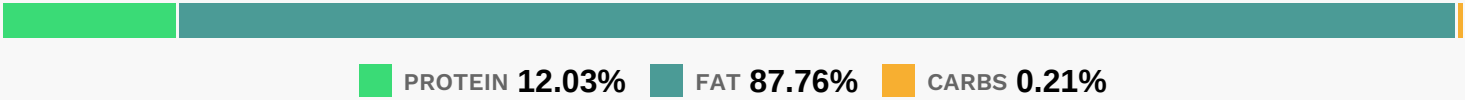
Equipment

- ☐ ramekin

Directions

☐ Combine crab, cayenne, lemon juice and zest, and season well. Pack into 8 small or 1 large ramekin. Melt the butter, then pour over until the crab is covered with a thin film. Top with a parsley leaf if you like, then cool in the fridge. (It will keep for up to 2 days in the fridge.) To prevent the butter melting, transport to your picnic in a chiller bag.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:9.853043374322%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 311.37kcal (15.57%), Fat: 30.72g (47.26%), Saturated Fat: 19.32g (120.76%), Carbohydrates: 0.17g (0.06%), Net Carbohydrates: 0.15g (0.06%), Sugar: 0.07g (0.08%), Cholesterol: 101.63mg (33.88%), Sodium: 659.22mg (28.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.48g (18.95%), Vitamin B12: 4.56µg (76.06%), Selenium: 18.58µg (26.54%), Copper: 0.46mg (23.08%), Zinc: 3.01mg (20.08%), Vitamin A: 964.97IU (19.3%), Phosphorus: 118.76mg (11.88%), Magnesium: 25.44mg (6.36%), Folate: 23.7µg (5.93%), Vitamin E: 0.88mg (5.85%), Vitamin C: 4.4mg (5.34%), Vitamin K: 4.68µg (4.46%), Vitamin B6: 0.08mg (3.87%), Potassium: 113.88mg (3.25%), Calcium: 32.3mg (3.23%), Vitamin B3: 0.57mg (2.85%), Vitamin B5: 0.22mg (2.19%), Vitamin B2: 0.03mg (2.05%), Iron: 0.31mg (1.74%), Vitamin B1: 0.02mg (1.6%)