



Mini Crab Cups



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons canola oil
- ☐ 0.5 cup celery finely chopped
- ☐ 0.3 cup chives fresh chopped
- ☐ 3 tablespoons cilantro leaves fresh finely chopped
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon jalapeno minced seeded
- ☐ 0.5 cup mayonnaise light

- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 1 pound lump crab meat
- ☐ 30 gyoza skins
- ☐ 0.5 cup tomatoes seeded chopped
- ☐ 1 tablespoon water
- ☐ 1 tablespoon worcestershire sauce

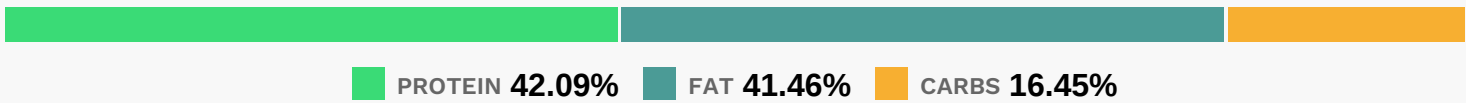
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 3 ingredients, stirring with a whisk; brush mixture evenly over both sides of each gyoza. Fit 1 gyoza into each of 30 miniature muffin cups, pressing the gyoza firmly into base of cups.
- ☐ Bake at 375 for 12 minutes or until lightly browned; cool in pans on a wire rack. Carefully remove cups from pans.
- ☐ Combine celery and next 10 ingredients (though crabmeat) in a large bowl; toss gently. Spoon 1 1/2 tablespoons crab mixture into each gyoza cup.
- ☐ Garnish each cup with a cilantro leaf, if desired.

Nutrition Facts



Properties

Glycemic Index:19.68, Glycemic Load:0.68, Inflammation Score:-2, Nutrition Score:6.0086956412896%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 66.45kcal (3.32%), Fat: 3.02g (4.64%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 2.53g (0.92%), Sugar: 1.78g (1.98%), Cholesterol: 15.8mg (5.27%), Sodium: 369.23mg (16.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.79%), Vitamin B12: 2.72µg (45.36%), Selenium: 11.24µg (16.06%), Copper: 0.29mg (14.5%), Zinc: 1.83mg (12.2%), Vitamin K: 7.58µg (7.22%), Phosphorus: 71.09mg (7.11%), Vitamin C: 4.81mg (5.83%), Folate: 16.84µg (4.21%), Magnesium: 16.72mg (4.18%), Potassium: 101.63mg (2.9%), Vitamin B6: 0.06mg (2.8%), Vitamin A: 110.63IU (2.21%), Vitamin E: 0.32mg (2.11%), Vitamin B3: 0.4mg (1.99%), Calcium: 19.45mg (1.94%), Iron: 0.31mg (1.74%), Manganese: 0.03mg (1.47%), Vitamin B5: 0.13mg (1.32%), Vitamin B1: 0.02mg (1.23%), Vitamin B2: 0.02mg (1.15%)