



Open-Faced Crab Melts

READY IN



10 min.

SERVINGS



6

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

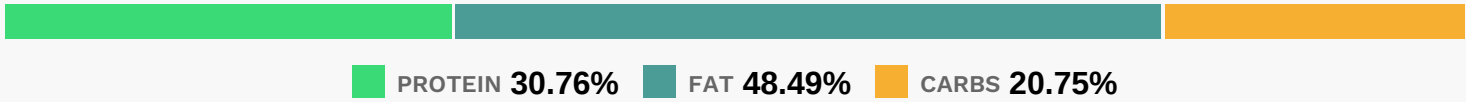
- ☐ 3 muffins split english toasted
- ☐ 1 pound lump crab meat fresh drained
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded
- ☐ 0.3 teaspoon sugar

Equipment

Directions

- ☐ Stir together first 5 ingredients.
- ☐ Spread mixture evenly over cut sides of muffin halves; sprinkle evenly with cheese.
- ☐ Broil 5 inches from heat 2 to 3 minutes or until cheese is melted.
- ☐ Serve immediately.
- ☐ *2 (6-ounce) cans lump crabmeat or 2 (6-ounce) cans solid white tuna in spring water, drained, may be substituted.

Nutrition Facts



Properties

Glycemic Index:42.35, Glycemic Load:9.53, Inflammation Score:-4, Nutrition Score:16.357391393703%

Nutrients (% of daily need)

Calories: 271.91kcal (13.6%), Fat: 14.38g (22.12%), Saturated Fat: 4.86g (30.4%), Carbohydrates: 13.84g (4.61%), Net Carbohydrates: 13.05g (4.75%), Sugar: 0.28g (0.31%), Cholesterol: 54.57mg (18.19%), Sodium: 1140.92mg (49.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.52g (41.05%), Vitamin B12: 7.03µg (117.11%), Selenium: 33.09µg (47.27%), Copper: 0.74mg (37.15%), Zinc: 5.41mg (36.05%), Phosphorus: 292.12mg (29.21%), Calcium: 184.45mg (18.45%), Vitamin K: 15.8µg (15.05%), Magnesium: 48.37mg (12.09%), Folate: 48.26µg (12.06%), Vitamin B2: 0.16mg (9.51%), Manganese: 0.14mg (7.09%), Vitamin B6: 0.14mg (6.98%), Vitamin C: 5.32mg (6.45%), Vitamin B3: 1.29mg (6.44%), Vitamin B1: 0.09mg (6.04%), Potassium: 209.13mg (5.98%), Vitamin B5: 0.49mg (4.87%), Vitamin A: 214.04IU (4.28%), Iron: 0.76mg (4.22%), Fiber: 0.79g (3.16%), Vitamin E: 0.45mg (2.99%)