



Open Faced Crab Salad Sandwich

READY IN



30 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon capers chopped
- ☐ 0.3 cup chili sauce
- ☐ 1 pinch crab boil seasoning (recommended: Old Bay)
- ☐ 2 tablespoons cream cheese softened
- ☐ 4 croissants
- ☐ 0.3 teaspoon horseradish grated
- ☐ 0.3 cup catsup
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 4 servings juice of lemon

- ☐ 0.8 pound lump crab
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons mayonnaise
- ☐ 1 Dash pepper sauce hot
- ☐ 1 Dash worcestershire sauce

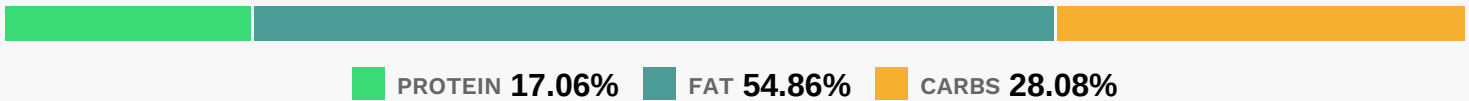
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Mix the mayonnaise with the ketchup and chili sauce in a bowl or food processor. Season the sauce with lemon juice, salt and pepper, Worcestershire, crab boil and grated horseradish and reserve.
- ☐ To make the sandwiches: Slice the croissants in half then lightly toast them in the oven.
- ☐ Meanwhile, in a large bowl, mix the crab with the mayonnaise, cream cheese, and capers. Season the mixture with Worcestershire, hot pepper sauce, crab boil, lemon juice and salt and pepper.
- ☐ Spoon or pipe the crab mixture onto the croissant halves. Arrange the sandwiches on 4 plates.
- ☐ Drizzle with sauce and serve.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:16.69, Inflammation Score:-7, Nutrition Score:22.328260599271%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 506.66kcal (25.33%), Fat: 30.81g (47.4%), Saturated Fat: 10.69g (66.84%), Carbohydrates: 35.49g (11.83%), Net Carbohydrates: 33.42g (12.15%), Sugar: 12.74g (14.15%), Cholesterol: 90.05mg (30.02%), Sodium: 1469.99mg (63.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.56g (43.12%), Vitamin B12: 7.79µg (129.78%), Selenium: 45.35µg (64.79%), Copper: 0.88mg (43.92%), Zinc: 5.63mg (37.53%), Vitamin K: 39.05µg (37.19%), Phosphorus: 273.13mg (27.31%), Folate: 95.85µg (23.96%), Vitamin B1: 0.28mg (18.88%), Vitamin C: 15.4mg (18.66%), Vitamin A: 757.45IU (15.15%), Magnesium: 57.57mg (14.39%), Vitamin B2: 0.24mg (13.85%), Vitamin B3: 2.71mg (13.53%), Manganese: 0.27mg (13.37%), Vitamin E: 1.81mg (12.05%), Vitamin B6: 0.23mg (11.41%), Iron: 2.03mg (11.29%), Potassium: 381.3mg (10.89%), Vitamin B5: 0.89mg (8.94%), Fiber: 2.06g (8.25%), Calcium: 79.06mg (7.91%)