



Potted Crab

READY IN



300 min.

SERVINGS



8

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 slices crusty baguette toasted
- ☐ 0.1 teaspoon ground pepper
- ☐ 1 tablespoon chives finely chopped
- ☐ 1 pound surimi crab sticks frozen thawed (2)
- ☐ 1.5 tablespoons sherry
- ☐ 0.5 teaspoon juice of lemon to taste ()
- ☐ 0.1 teaspoon nutmeg freshly grated
- ☐ 0.5 cup butter unsalted melted

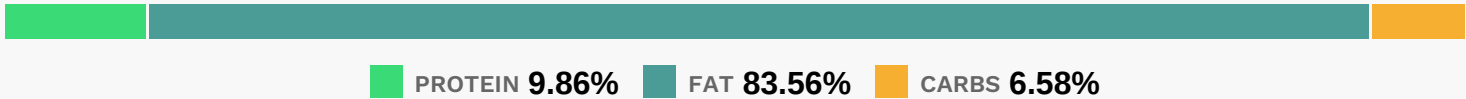
Equipment

- ☐ food processor
- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Crack crab shells with kitchen shears and extract meat.
- ☐ Cut enough crab into 1/2-inch pieces to measure 1/2 cup and transfer to a bowl.
- ☐ Pulse remaining crab in a food processor to finely chop (do not over process).
- ☐ Add to bowl with remaining ingredients and stir well. Season with salt to taste.
- ☐ Pack into a 1 1/2 cup crock or bowl and cover surface with plastic wrap.
- ☐ Chill at least 2 hours. Bring to room temperature before serving.
- ☐ •The potted crab can be prepared up to 2 days ahead and kept chilled, but don't forget to allow time (about 1 hour) to bring it to room temperature before serving. •Baguette slices can be toasted 1 day ahead and kept in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:29.22, Glycemic Load:1.34, Inflammation Score:-3, Nutrition Score:3.5073912610178%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 126.74kcal (6.34%), Fat: 11.72g (18.03%), Saturated Fat: 7.33g (45.83%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 1.97g (0.72%), Sugar: 0.25g (0.28%), Cholesterol: 36.46mg (12.15%), Sodium: 144.95mg (6.3%), Alcohol: 0.29g (100%), Alcohol %: 1.02% (100%), Protein: 3.11g (6.23%), Vitamin B12: 1.3µg (21.66%), Selenium: 6µg (8.57%), Vitamin A: 387.33IU (7.75%), Copper: 0.14mg (6.95%), Zinc: 0.89mg (5.97%), Phosphorus: 39.15mg (3.92%), Folate: 11.48µg (2.87%), Vitamin E: 0.35mg (2.34%), Magnesium: 8.83mg (2.21%), Vitamin B1: 0.03mg (2.05%), Vitamin K: 1.95µg (1.86%), Vitamin B3: 0.35mg (1.76%), Vitamin C: 1.36mg (1.64%), Manganese: 0.03mg (1.52%), Calcium: 14.85mg (1.48%), Vitamin B2: 0.03mg (1.47%), Vitamin B6: 0.03mg (1.44%), Vitamin D: 0.21µg (1.42%), Iron: 0.24mg (1.34%), Potassium: 41.45mg (1.18%)