



Potted Crab with Meyer Lemon

READY IN



45 min.

SERVINGS



7

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon ground pepper
- 7 servings pepper black freshly ground
- 1 lemon zest finely grated for garnish thin (2 teaspoons zest, 3 tablespoons juice, plus slices)
- 8 ounces lump crab meat picked over for shells
- 2 tablespoons cooking sherry
- 7 servings buttered toast
- 8 tablespoons butter unsalted pure room temperature (preferably Kerrygold Irish)

Equipment

- bowl
- butter knife

Directions

- Bring juice and Sherry to a boil in a small saucepan over medium-high heat; cook until reduced to 1 tablespoon, about 3 minutes.
- Transfer to a mini-processor; let cool.
- Add butter, lemon zest, and harissa; purée until smooth.
- Transfer to a small bowl. Season to taste with salt and pepper. Gently fold crab meat into butter (keep crab pieces intact). Pack crab butter into a crock, smoothing top with a butter knife. Cover and chill for at least 3 hours and up to 2 days.
- Garnish with lemon slices, if desired.
- Let stand until room temperature, about 1 hour, and serve with buttered toast points.

Nutrition Facts

PROTEIN 16.78% **FAT 80.77%** **CARBS 2.45%**

Properties

Glycemic Index:14.93, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:6.4708696189134%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 149.58kcal (7.48%), Fat: 13.27g (20.41%), Saturated Fat: 8.26g (51.65%), Carbohydrates: 0.9g (0.3%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.13g (0.15%), Cholesterol: 48.02mg (16.01%), Sodium: 278.86mg (12.12%), Alcohol: 0.44g (100%), Alcohol %: 1.03% (100%), Protein: 6.2g (12.4%), Vitamin B12: 2.94µg (49.06%), Selenium: 12.3µg (17.57%), Copper: 0.31mg (15.26%), Zinc: 1.96mg (13.08%), Vitamin A: 527.08IU (10.54%), Phosphorus: 77.61mg (7.76%), Magnesium: 17.5mg (4.38%), Folate: 16.15µg (4.04%), Vitamin C: 2.56mg (3.11%), Vitamin E: 0.46mg (3.07%), Vitamin B6: 0.06mg (2.96%), Potassium: 81.57mg (2.33%), Vitamin B3: 0.43mg (2.17%), Calcium: 21.22mg (2.12%), Manganese: 0.04mg (1.99%), Vitamin D: 0.24µg (1.6%), Vitamin B2: 0.03mg (1.54%), Iron: 0.27mg (1.51%), Vitamin K: 1.56µg (1.49%), Vitamin B5: 0.14mg (1.37%), Vitamin B1: 0.02mg (1.35%)