



Screaming Crab Melts on Pumpernickel

READY IN



29 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby spinach leaves
- ☐ 4 servings olives black pitted
- ☐ 2 tablespoons freshly chives chopped
- ☐ 8 ounces cream cheese
- ☐ 4 teaspoons dijon mustard divided
- ☐ 2 tablespoons heavy cream
- ☐ 1 tablespoon horseradish prepared
- ☐ 1 pound lump crab meat
- ☐ 2 tablespoons parmesan grated

- ☐ 1 pieces pimento and strips
- ☐ 4 slices pumpernickel bread cut into 4-inch rounds making 8 rounds total
- ☐ 4 servings salt and pepper black freshly ground

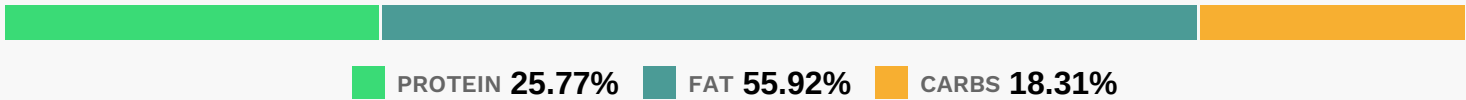
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ In a large bowl, whisk together cream cheese and heavy cream until smooth. Fold in crab, chives and horseradish. Season, to taste, with salt and black pepper.
- ☐ Transfer mixture to a small baking dish and bake 10 minutes, until hot and bubbly.
- ☐ Preheat broiler.
- ☐ Spread 1/2 teaspoon mustard on 1 side of each pumpernickel round. Top with spinach leaves and crab mixture.
- ☐ Sprinkle Parmesan over top. Broil 2 minutes, until top is golden brown.
- ☐ Place 2 olive rings on the top of each crab melt and fill the center with a piece of pimento, making "eyes". Use another strip of pimento to make a circle for a "screaming mouth".

Nutrition Facts



Properties

Glycemic Index:82.75, Glycemic Load:8.4, Inflammation Score:-9, Nutrition Score:27.635217537051%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 445.35kcal (22.27%), Fat: 27.83g (42.81%), Saturated Fat: 14.26g (89.13%), Carbohydrates: 20.5g (6.83%), Net Carbohydrates: 17.18g (6.25%), Sugar: 3.09g (3.43%), Cholesterol: 115.07mg (38.36%), Sodium: 1747.62mg (75.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.86g (57.72%), Vitamin B12: 10.37µg (172.88%), Selenium: 56.86µg (81.23%), Copper: 1.19mg (59.63%), Zinc: 7.71mg (51.41%), Phosphorus: 399.79mg (39.98%), Vitamin K: 41.74µg (39.75%), Vitamin A: 1776.44IU (35.53%), Manganese: 0.58mg (28.78%), Folate: 104.48µg (26.12%), Magnesium: 91.93mg (22.98%), Vitamin B2: 0.32mg (18.88%), Calcium: 188.39mg (18.84%), Vitamin C: 12.18mg (14.76%), Vitamin B6: 0.28mg (13.85%), Fiber: 3.31g (13.25%), Potassium: 455.39mg (13.01%), Vitamin B1: 0.19mg (12.67%), Vitamin B3: 2.46mg (12.28%), Iron: 2.11mg (11.74%), Vitamin E: 1.63mg (10.9%), Vitamin B5: 0.91mg (9.14%)