



## Seafood Sandwich

READY IN



50 min.

SERVINGS



2

CALORIES



475 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 tablespoon butter softened
- 2 hotdog buns
- 1 teaspoon juice of lemon
- 8 ounce imitation crab
- 0.3 cup mayonnaise
- 0.3 teaspoon old bay seasoning
- 1 tablespoon onion red finely chopped

## Equipment

- bowl
- broiler

## Directions

- In a medium bowl, flake the crabmeat, and mix in mayonnaise, onion, lemon juice and Old Bay seasoning. Cover and refrigerate for 30 minutes to allow the flavors to mingle.
- Spread butter on the inside of the hot dog buns, and toast under the broiler. Fill buns with the crab salad, and serve.

## Nutrition Facts

**PROTEIN 9.26%** **FAT 54.57%** **CARBS 36.17%**

## Properties

Glycemic Index:94.5, Glycemic Load:12.91, Inflammation Score:-3, Nutrition Score:7.8908696692923%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

## Nutrients (% of daily need)

Calories: 474.75kcal (23.74%), Fat: 28.31g (43.56%), Saturated Fat: 7.24g (45.27%), Carbohydrates: 42.22g (14.07%), Net Carbohydrates: 40.08g (14.58%), Sugar: 7.28g (8.09%), Cholesterol: 39.28mg (13.09%), Sodium: 1070.35mg (46.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.81g (21.61%), Vitamin K: 50.2µg (47.81%), Selenium: 12.32µg (17.6%), Vitamin B1: 0.24mg (15.83%), Manganese: 0.26mg (13.04%), Folate: 43.35µg (10.84%), Iron: 1.62mg (8.99%), Vitamin B3: 1.79mg (8.97%), Fiber: 2.13g (8.53%), Vitamin E: 1.2mg (8.02%), Vitamin B2: 0.14mg (8.01%), Calcium: 68.91mg (6.89%), Phosphorus: 52.56mg (5.26%), Vitamin A: 200.38IU (4.01%), Magnesium: 11.4mg (2.85%), Copper: 0.06mg (2.81%), Zinc: 0.38mg (2.51%), Vitamin C: 1.92mg (2.33%), Vitamin B12: 0.13µg (2.17%), Potassium: 70.71mg (2.02%), Vitamin B6: 0.04mg (1.98%)