



Sesame-Crusted Crab and Mango Tea Sandwiches

 Gluten Free

READY IN



30 min.

SERVINGS



16

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 pound lump crab meat picked over ()
- ☐ 0.5 cup mangos diced finely
- ☐ 0.3 cup yogurt plain

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 tablespoons sesame seed toasted
- ☐ 2 tablespoons vegetable oil

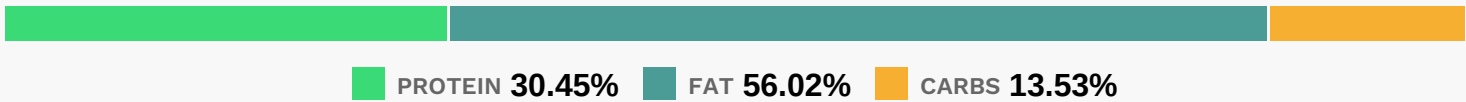
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk 1/4 cup plain yogurt and 2 tablespoonsvegetable oil in a medium bowl. Stir in 1/4 cup each chopped fresh cilantroand fresh mint, 1 teaspoon kosher salt, 1/4 teaspoon crushed red pepper flakes, and 1/8 teaspoon freshly ground black pepper.Fold in 1/2 pound lump crabmeat (picked over)and 1/2 cup finely diced mango.Thinly spread yogurt on one side of eachof 16 toasted 1/4"-thick slices Pullman orwhite sandwich bread. Divide crab mixtureamong 8 slices; top with remaining bread,yogurt side down. Trim crusts.
- ☐ Cut eachsandwich in half on a diagonal.
- ☐ Place 2 tablespoons toasted sesame seedson a plate, if desired. Dip one cut side of eachsandwich in sesame seeds.

Nutrition Facts



Properties

Glycemic Index:10.61, Glycemic Load:0.43, Inflammation Score:-2, Nutrition Score:3.5517391159969%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 38.77kcal (1.94%), Fat: 2.44g (3.75%), Saturated Fat: 0.43g (2.68%), Carbohydrates: 1.33g (0.44%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.89g (0.99%), Cholesterol: 6.45mg (2.15%), Sodium: 266.61mg (11.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.97%), Vitamin B12: 1.29µg (21.5%), Copper: 0.18mg (9.05%), Selenium: 5.63µg (8.04%), Zinc: 0.96mg (6.39%), Phosphorus: 42.44mg (4.24%), Vitamin K: 4.18µg (3.98%), Vitamin C: 3.18mg (3.85%), Magnesium: 12.14mg (3.03%), Folate: 10.66µg (2.67%), Vitamin A: 119.16IU (2.38%), Calcium: 23.61mg (2.36%), Manganese: 0.05mg (2.26%), Vitamin B6: 0.04mg (1.93%), Iron: 0.29mg (1.6%), Potassium: 54.34mg (1.55%), Vitamin E: 0.21mg (1.39%), Vitamin B3: 0.26mg (1.29%), Vitamin B1: 0.02mg (1.16%), Fiber: 0.28g (1.11%), Vitamin B2: 0.02mg (1.09%)