



Smoky, Buttery Crab Claws

READY IN



15 min.

SERVINGS



5

CALORIES



229 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 slices bacon smoked lean chopped
- ☐ 0.5 cup butter
- ☐ 1 pound surimi crab sticks fresh
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 5 servings bread french
- ☐ 3 garlic clove minced
- ☐ 2 spring onion thinly sliced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon worcestershire sauce

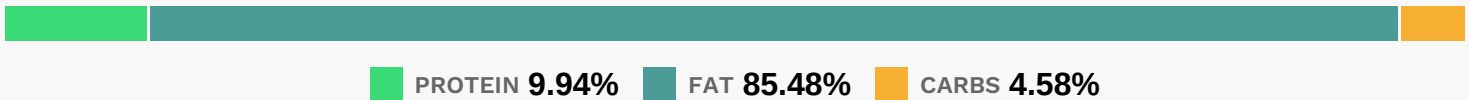
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Cook bacon in a skillet over medium-high heat until crisp.
- ☐ Remove bacon from pan with a slotted spoon, and discard drippings.
- ☐ Melt butter in skillet; stir in garlic and green onions. Cook, stirring often, 2 minutes. Stir in lemon juice, Worcestershire, and crab claws; cook 2 to 3 minutes or until hot. Stir in parsley and bacon.
- ☐ Serve immediately with French bread.

Nutrition Facts



Properties

Glycemic Index:44.9, Glycemic Load:0.65, Inflammation Score:-4, Nutrition Score:6.6117391916721%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 229.4kcal (11.47%), Fat: 22.1g (33.99%), Saturated Fat: 12.87g (80.43%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 2.46g (0.89%), Sugar: 0.68g (0.76%), Cholesterol: 64.14mg (21.38%), Sodium: 445.2mg (19.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.57%), Vitamin B12: 2.12µg (35.4%), Selenium: 10.84µg (15.49%), Vitamin A: 630.41IU (12.61%), Vitamin K: 12.25µg (11.67%), Copper: 0.23mg (11.58%), Zinc: 1.53mg (10.22%), Phosphorus: 75.91mg (7.59%), Vitamin C: 5.87mg (7.11%), Vitamin B6: 0.09mg (4.36%), Folate: 16.55µg (4.14%), Vitamin E: 0.61mg (4.04%), Magnesium: 15.18mg (3.79%), Vitamin B3: 0.73mg (3.64%), Potassium: 124.38mg (3.55%), Vitamin B1: 0.05mg (3.49%), Iron: 0.5mg (2.79%), Calcium: 27.61mg (2.76%), Manganese:

0.05mg (2.64%), Vitamin B2: 0.04mg (2.36%), Vitamin B5: 0.18mg (1.79%)