



## Spicy Crab Delights

READY IN



10 min.

SERVINGS



8

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

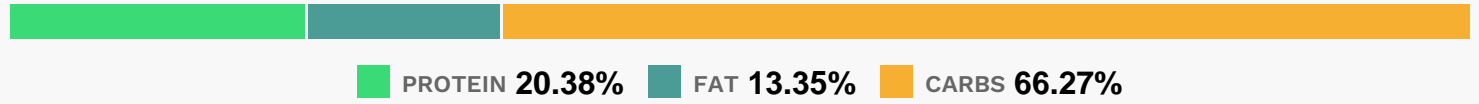
- 6.5 oz crab meat flaked drained well canned
- 16 small dill sprigs fresh
- 0.3 cup mayo with olive oil reduced fat mayonnaise kraft
- 1 Tbsp parmesan cheese grated kraft
- 0.3 tsp pepper sauce hot
- 8 pita breads whole wheat miniature

### Equipment

## Directions

- Mix crabmeat, mayonnaise, cheese and pepper sauce.
- Spoon into pita pockets.
- Top with dill.

## Nutrition Facts



## Properties

Glycemic Index:1.88, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:12.008695592861%

## Flavonoids

Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

## Nutrients (% of daily need)

Calories: 186.01kcal (9.3%), Fat: 2.88g (4.43%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 32.17g (10.72%), Net Carbohydrates: 28.71g (10.44%), Sugar: 1.86g (2.07%), Cholesterol: 24.01mg (8%), Sodium: 439.45mg (19.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.89g (19.78%), Manganese: 1.02mg (50.89%), Selenium: 34.92µg (49.89%), Copper: 0.35mg (17.72%), Phosphorus: 161.05mg (16.1%), Fiber: 3.46g (13.83%), Vitamin B1: 0.2mg (13.14%), Vitamin B12: 0.78µg (12.92%), Magnesium: 48.4mg (12.1%), Zinc: 1.78mg (11.86%), Vitamin B3: 2.26mg (11.28%), Iron: 1.97mg (10.97%), Vitamin B6: 0.19mg (9.45%), Folate: 34.67µg (8.67%), Vitamin B5: 0.71mg (7.09%), Vitamin E: 0.92mg (6.15%), Potassium: 173.15mg (4.95%), Vitamin K: 4.63µg (4.41%), Vitamin B2: 0.07mg (4.38%), Calcium: 39.48mg (3.95%), Vitamin A: 165.37IU (3.31%), Vitamin C: 2.57mg (3.12%)