



Summer Crab Rolls

READY IN



45 min.

SERVINGS



4

CALORIES



214 kcal

Ingredients

- ☐ 12 small boston lettuce leaves (1 small head)
- ☐ 1.5 tablespoons butter softened
- ☐ 1 tablespoon dijon mustard
- ☐ 1 ounce dinner rolls cut in half horizontally
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup mayonnaise low-fat
- ☐ 1 pound lump crab meat drained
- ☐ 0.5 teaspoon pepper sauce hot (such as Tabasco)
- ☐ 6 plum tomatoes cut into 4 slices

☐ 0.3 cup vidalia sweet finely chopped

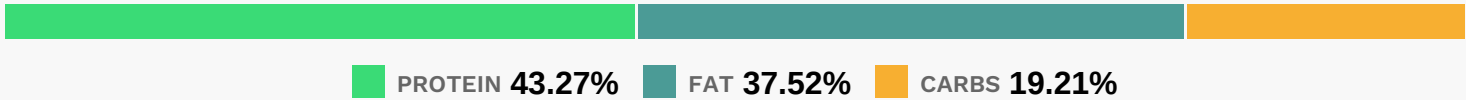
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 7 ingredients in a large bowl; toss well.
- ☐ Spread butter onto cut sides of rolls.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Place 6 roll halves, cut side down, in pan for 1 minute or until toasted. Repeat procedure with remaining roll halves. Spoon 1/4 cup crab mixture onto each bottom roll half.
- ☐ Place 1 piece of lettuce and 2 tomato slices on crab mixture; top with remaining roll halves.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:0.98, Inflammation Score:-9, Nutrition Score:26.38782604881%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 214.42kcal (10.72%), Fat: 8.93g (13.74%), Saturated Fat: 3.44g (21.51%), Carbohydrates: 10.29g (3.43%), Net Carbohydrates: 8.12g (2.95%), Sugar: 4.11g (4.56%), Cholesterol: 61.15mg (20.38%), Sodium: 1196.91mg (52.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.17g (46.34%), Vitamin B12: 10.21µg (170.25%), Selenium: 45.64µg (65.2%), Vitamin K: 64.75µg (61.67%), Copper: 1.13mg (56.6%), Vitamin A: 2502.25IU (50.04%), Zinc: 7.12mg (47.47%), Phosphorus: 304.02mg (30.4%), Vitamin C: 24.57mg (29.78%), Folate: 106.08µg (26.52%),

Magnesium: 78.01mg (19.5%), Potassium: 596.57mg (17.04%), Manganese: 0.33mg (16.45%), Vitamin B6: 0.31mg (15.31%), Vitamin B3: 2.3mg (11.49%), Iron: 1.86mg (10.35%), Vitamin B1: 0.15mg (10.25%), Calcium: 97.64mg (9.76%), Fiber: 2.17g (8.7%), Vitamin B2: 0.12mg (7.19%), Vitamin E: 1.06mg (7.05%), Vitamin B5: 0.62mg (6.15%)