



Wasabi Lime Crab Salad in Cucumber Cups



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



60

CALORIES



13 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cucumber seedless peeled (usually plastic-wrapped;)
- 2 tablespoons juice of lime fresh
- 0.5 pound lump crab meat picked over
- 0.3 cup mayonnaise
- 3 ounce radish sprouts
- 6 medium radishes
- 0.8 teaspoon salt to taste
- 4 teaspoons wasabi paste (Japanese horseradish paste)

Equipment

- paper towels
- whisk
- plastic wrap
- cookie cutter
- ziploc bags

Directions

- Cut cucumbers crosswise into generous 1/2-inch-thick slices.
- Cut a fluted round from each slice with cookie cutter, then scoop out some flesh from center of each round with melon-ball cutter or a small spoon, creating an indentation but leaving bottom intact.
- Whisk together mayonnaise and wasabi, then whisk in lime juice and salt.
- Cut radishes into very thin slices with slicer. Halve slices, then cut crosswise into very thin strips. Trim radish sprouts to 1-inch lengths, measuring from top of sprout, and discard remaining stems. (If using pea shoots, cut sections with leaves into 1-inch pieces.)
- Stir together crab, wasabi mayonnaise, radish strips, and radish sprouts, then put a small spoonful of filling into each cucumber cup.
- Cucumber cups can be formed (but not filled) 1 day ahead and chilled, covered with plastic wrap.·Wasabi mayonnaise can be made 1 day ahead and chilled, covered.·Radishes can be cut and sprouts trimmed 1 day ahead and chilled separately in sealed plastic bags lined with dampened paper towels.·Crabmeat can be picked over 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:1.62, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.2804347799038%

Flavonoids

Pelargonidin: 0.25mg, Pelargonidin: 0.25mg, Pelargonidin: 0.25mg, Pelargonidin: 0.25mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg

Nutrients (% of daily need)

Calories: 13.08kcal (0.65%), Fat: 0.79g (1.22%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 0.62g (0.21%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0.3g (0.33%), Cholesterol: 1.98mg (0.66%), Sodium: 67.3mg (2.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.79%), Vitamin B12: 0.34µg (5.69%), Vitamin K: 2.97µg (2.83%), Copper: 0.05mg (2.59%), Selenium: 1.43µg (2.04%), Vitamin C: 1.66mg (2.02%), Zinc: 0.28mg (1.83%), Folate: 6.07µg (1.52%), Phosphorus: 14.69mg (1.47%), Magnesium: 5.2mg (1.3%), Potassium: 39.73mg (1.14%), Vitamin B6: 0.02mg (1.07%), Manganese: 0.02mg (1.07%)