

Crab Toasts

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Family Circle Magazine - November 2013

Yield: 16 toasts

1 French baguette (about 12 oz), cut on the bias into sixteen 1/2-inch-thick slices

2 tablespoons olive oil

2 tablespoons unsalted butter

1 cup leeks, cleaned and sliced

1/4 teaspoon crushed red pepper flakes

1/4 cup light mayonnaise

1/4 cup fresh parsley, chopped

1 tablespoon fresh lemon juice

1 teaspoon lemon zest

1 teaspoon Dijon mustard

1/8 teaspoon salt

1 pound lump crabmeat, drained fresh chopped parsley (for garnish)

Preparation Time: 15 minutes

Bake: 12 minutes

Preheat the oven to 400 degrees.

Brush the baguette slices on both sides with olive oil. Place on a baking sheet. Bake for 7 minutes; flip and bake another 5 minutes.

Melt the butter in a skillet. Add the leeks and red pepper flakes. Saute' on medium heat for 5 minutes, until soft. Cool.

In a bowl, mix the sautee'd leeks with mayonnaise, parsley, lemon juice, emon zest, mustard and salt. Gently fold in the crabmeat.

Evenly spoon the mixture onto the toasts. Garnish with parsley.

Chill in the refrigerator until serving.

Per Serving (excluding unknown items): 1044 Calories; 67g Fat (57.9% calories from fat); 85g Protein; 25g Carbohydrate; 3g Dietary Fiber; 438mg Cholesterol; 1976mg Sodium. Exchanges: 11 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 12 1/2 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1044	Vitamin B6 (mg):	.9mg
% Calories from Fat:	57.9%	Vitamin B12 (mcg):	40.9mcg
% Calories from Carbohydrates:	9.7%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	32.4%	Riboflavin B2 (mg):	.2mg

Total Fat (g): 67g
Saturated Fat (g): 21g
Monounsaturated Fat (g): 30g
Polyunsaturated Fat (g): 11g
Cholesterol (mg): 438mg
Carbohydrate (g): 25g
Dietary Fiber (g): 3g
Protein (g): 85g
Sodium (mg): 1976mg
Potassium (mg): 1780mg
Calcium (mg): 494mg
Iron (mg): 6mg
Zinc (mg): 16mg
Vitamin C (mg): 54mg
Vitamin A (i.u.): 1784IU
Vitamin A (r.e.): 312 1/2RE

Folacin (mcg): 283mcg
Niacin (mg): 13mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 11
Vegetable: 2 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 12 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 1044 **Calories from Fat:** 604

% Daily Values*

Total Fat	67g	103%
Saturated Fat	21g	105%
Cholesterol	438mg	146%
Sodium	1976mg	82%
Total Carbohydrates	25g	8%
Dietary Fiber	3g	10%
Protein	85g	
Vitamin A		36%
Vitamin C		91%
Calcium		49%
Iron		35%

* Percent Daily Values are based on a 2000 calorie diet.