

PREPARATION: 20 MINUTES

SERVINGS: 4

ZESTY CRAB ROLLS

Nutrient Analysis

PER SERVING: 1 Roll + ¼ cup Filling

RENAL EXCHANGE: 3 Meat + 2 Starch + 1 Fat

Calories	381 Kcal	Sodium	590 mg
Protein	22 g	Potassium	420 mg
Total Carbohydrate	25 g	Phosphorus	300 mg
Fiber	1 g	Calcium	202 mg
Sugars	3 g	Iron	3 mg
Fat	21 g	Magnesium	55 mg
Saturated	4 g	Vitamin C	10 mg
Cholesterol	146 mg		

Diet Types

- CKD Non-Dialysis
 Dialysis/Diabetes
- Dialysis
 Transplant



ZESTY CRAB ROLLS

INGREDIENTS

Crabmeat mixture

2 cans (6.5 oz per can) crab meat,
rinsed with water and drained well

2 tablespoons onion, minced or
grated

½ cup radish, chopped

1 tablespoon dill, chopped
(or 2 teaspoons dried dill)

¼ cup cilantro or parsley, chopped

½ teaspoon Worcestershire sauce

Tabasco, a few shakes (optional)

1 tablespoon lemon juice

½ cup homemade mayonnaise

4 soft white bread rolls

Lettuce leaves and paprika for the
finishing touch

Easy homemade mayonnaise

3 egg yolks*

¼ cup freshly squeezed lemon juice

1 teaspoon Dijon mustard

¾ cup olive oil

Black pepper to taste

* Instead of using raw eggs the FDA recommends to use either shell eggs that have been treated to destroy Salmonella, by pasteurization or another approved method, or pasteurized egg products.

PREPARATION

- 1** For mayonnaise: whisk together yolks, lemon juice and mustard. Drizzle oil into the mixture and whisk until blended and creamy. Season to taste with black pepper. The extra may be stored in a clean glass jar (closed with a lid) in the fridge for up to 1 week.
- 2** Mix all ingredients for the crabmeat mixture in a bowl. Divide filling between fresh rolls, add lettuce leaf, sprinkle with paprika and serve.

NOTE

- ✓ *The easy mayonnaise recipe is a great base for many lunch salads! Try it with leftover cold salmon or chicken breast!*



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