



Artichoke and Crabmeat Triangles

READY IN



30 min.

SERVINGS



48

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce artichoke hearts drained canned
- 16 ounces crab meat
- 12 ounce muffins english
- 1 cup mayonnaise
- 0.3 cup onion chopped
- 0.8 cup parmesan cheese grated

Equipment

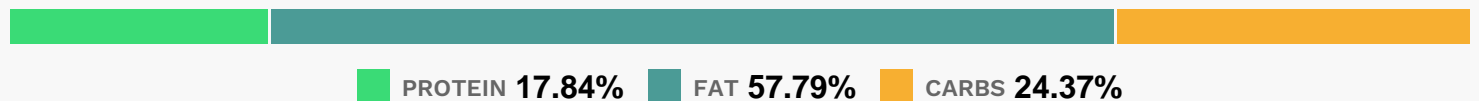
- baking sheet

- oven
- mixing bowl

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a medium size mixing bowl, combine artichoke hearts, crabmeat, mayonnaise, onions, and cheese.
- Mix thoroughly.
- Split each English muffin in half ,and spread the mixture on the cut side of the split muffins.
- Cut each of the sliced muffins into quarters. Arrange the muffin-bites on a baking sheet.
- Bake for 12 minutes, or until golden brown.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:2.34, Inflammation Score:-1, Nutrition Score:2.5978261122237%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 65.26kcal (3.26%), Fat: 4.11g (6.33%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 3.9g (1.3%), Net Carbohydrates: 3.57g (1.3%), Sugar: 0.14g (0.15%), Cholesterol: 7.29mg (2.43%), Sodium: 199.44mg (8.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.71%), Vitamin B12: 0.88µg (14.67%), Vitamin K: 7.64µg (7.27%), Selenium: 4.1µg (5.86%), Copper: 0.1mg (4.91%), Zinc: 0.69mg (4.59%), Phosphorus: 41.33mg (4.13%), Calcium: 22.47mg (2.25%), Folate: 7.32µg (1.83%), Magnesium: 6.82mg (1.71%), Manganese: 0.03mg (1.58%), Fiber: 0.34g (1.35%), Vitamin B2: 0.02mg (1.27%), Vitamin B1: 0.02mg (1.22%), Vitamin B3: 0.22mg (1.09%), Vitamin E: 0.16mg (1.08%), Vitamin B6: 0.02mg (1.01%)