



Baked Crab Rangoon from PHILADELPHIA®

READY IN



40 min.

SERVINGS



12

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounce crab meat flaked drained canned
- ☐ 2 green onions thinly sliced
- ☐ 4 ounces philadelphia neufchatel cheese softened
- ☐ 0.3 cup mayo reduced fat mayonnaise light kraft
- ☐ 12 won ton wrappers

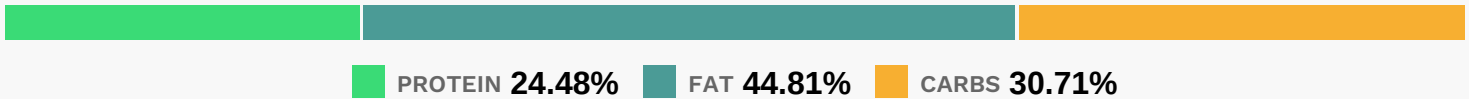
Equipment

- ☐ oven
- ☐ muffin tray

Directions

- ☐ Heat oven to 350 degrees F.
- ☐ Combine first 4 ingredients.
- ☐ Place 1 won ton wrapper in each of 12 muffin pan cups sprayed with cooking spray, extending edges of wrapper over rim of cup. Fill with crab mixture.
- ☐ Bake 18 to 20 min. or until edges of cups are golden brown and filling is heated through.

Nutrition Facts



Properties

Glycemic Index:4.92, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:3.4982608556747%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 69.24kcal (3.46%), Fat: 3.41g (5.25%), Saturated Fat: 1.42g (8.87%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 5.07g (1.84%), Sugar: 0.51g (0.57%), Cholesterol: 22.16mg (7.39%), Sodium: 193.18mg (8.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.38%), Selenium: 8.61µg (12.3%), Vitamin B12: 0.5µg (8.36%), Copper: 0.13mg (6.58%), Vitamin K: 6.85µg (6.52%), Phosphorus: 53.72mg (5.37%), Zinc: 0.68mg (4.55%), Vitamin B3: 0.83mg (4.14%), Folate: 16.47µg (4.12%), Vitamin B2: 0.06mg (3.4%), Manganese: 0.06mg (3.15%), Vitamin B1: 0.05mg (3.05%), Calcium: 29.2mg (2.92%), Vitamin E: 0.41mg (2.75%), Vitamin A: 104.01IU (2.08%), Iron: 0.37mg (2.06%), Vitamin B5: 0.2mg (2.02%), Magnesium: 8.04mg (2.01%), Potassium: 64.19mg (1.83%), Vitamin B6: 0.03mg (1.48%), Vitamin C: 0.84mg (1.02%)