



Baked Spring Rolls with Crab

READY IN



25 min.

SERVINGS



4

CALORIES



389 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 2 stalks celery from the heart chopped fine
- ☐ 0.3 cup bean sprouts fresh chopped
- ☐ 12 ounce lump crab meat flaked drained canned
- ☐ 1 tablespoon olive oil
- ☐ 0.5 small onion chopped fine
- ☐ 13 sheets defrosted phyllo dough (13 by 17-inch)
- ☐ 0.5 bell pepper red chopped fine
- ☐ 2 tablespoons soy dark such as tamari

- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 6 water chestnuts chopped fine

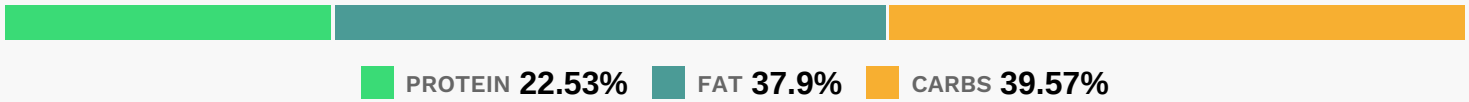
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Add oil to a preheated skillet over medium to medium high heat.
- ☐ Saute pepper, celery, water chestnuts, onion 2 to 3 minutes. Veggies should still have a little crunch.
- ☐ Transfer to a bowl.
- ☐ Add bean spouts, crab, soy and thyme.
- ☐ Combine well with a spoon. Paint half of a sheet of phyllo dough with melted butter and fold sheet in half. Pile a few spoonfuls of filling 2 inches from the bottom of sheet and leaving 2 inches at either side of sheet. Fold bottom flap up and side edges in, then roll up and over until you reach the top of the sheet. Your crab pastry will look like a spring roll. Touch the edges and sides of your roll with melted butter and place roll seam side down on a pastry sheet.
- ☐ Bake rolls 15 minutes or until lightly golden all over in the center of the oven.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:12.43, Inflammation Score:-8, Nutrition Score:23.738260704538%

Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg,

Isorhamnetin: 0.44mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg
Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 389.13kcal (19.46%), Fat: 16.25g (25.01%), Saturated Fat: 6.93g (43.31%), Carbohydrates: 38.19g (12.73%),
Net Carbohydrates: 35.52g (12.91%), Sugar: 2.29g (2.55%), Cholesterol: 58.3mg (19.43%), Sodium: 1598.4mg
(69.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.74g (43.49%), Vitamin B12: 7.67µg (127.87%),
Selenium: 45.84µg (65.49%), Copper: 0.9mg (45.18%), Zinc: 5.6mg (37.3%), Vitamin C: 27.77mg (33.67%), Folate:
114.63µg (28.66%), Vitamin B1: 0.4mg (26.7%), Phosphorus: 265.59mg (26.56%), Manganese: 0.45mg (22.71%),
Vitamin B3: 4.16mg (20.78%), Vitamin B2: 0.3mg (17.93%), Iron: 3.1mg (17.22%), Vitamin A: 851.76IU (17.04%),
Vitamin K: 17.34µg (16.51%), Magnesium: 62.39mg (15.6%), Vitamin B6: 0.27mg (13.56%), Fiber: 2.68g (10.7%),
Potassium: 371.62mg (10.62%), Vitamin B5: 0.69mg (6.91%), Vitamin E: 0.97mg (6.45%), Calcium: 63.91mg (6.39%)