



## Chili Crab in Won Ton Cups

READY IN



45 min.

SERVINGS



16

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 6 ounces surimi crab sticks shelled cooked
- ☐ 4 oz chilies diced green canned
- ☐ 0.3 cup green onions minced
- ☐ 0.5 cup jack cheese shredded with chilies
- ☐ 2 tablespoons mustard-mayonnaise blend (or 1 tablespoon each mayonnaise and Dijon mustard)
- ☐ 2 tablespoons olive oil
- ☐ 16 won ton skins ()

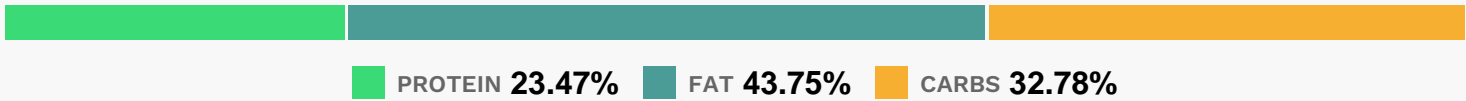
### Equipment

- ☐ frying pan
- ☐ oven

## Directions

- ☐ Lightly brush 1 side of each won ton skin with oil. Center each square, oiled side down, on a muffin cup (1 1/4-in. across bottom). Gently press skin down to line cup smoothly; skin will extend above pan rim.
- ☐ In a 6- to 8-inch frying pan over medium-high heat, stir 1/2 teaspoon oil and onions until onions are limp, about 1 minute.
- ☐ Remove from heat. Stir in chilies, crab, and mustard-mayonnaise.
- ☐ Fill each won ton cup equally with crab mixture.
- ☐ Sprinkle filling evenly with cheese.
- ☐ Bake in a 350 oven until rims of won ton skins are golden and crisp, 8 to 10 minutes (7 to 9 minutes in a convection oven). Lift from pan and serve hot.

## Nutrition Facts



## Properties

Glycemic Index:8.5, Glycemic Load:0.28, Inflammation Score:-2, Nutrition Score:4.0878260971411%

## Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 63.94kcal (3.2%), Fat: 3.11g (4.78%), Saturated Fat: 0.97g (6.03%), Carbohydrates: 5.24g (1.75%), Net Carbohydrates: 4.87g (1.77%), Sugar: 0.47g (0.52%), Cholesterol: 14.13mg (4.71%), Sodium: 145.57mg (6.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.51%), Vitamin C: 10.93mg (13.25%), Selenium: 7.87µg (11.25%), Vitamin B12: 0.38µg (6.41%), Vitamin K: 6.51µg (6.2%), Copper: 0.11mg (5.55%), Phosphorus: 52.47mg (5.25%), Calcium: 43.23mg (4.32%), Vitamin B3: 0.81mg (4.06%), Manganese: 0.08mg (4.03%), Zinc: 0.6mg (4.02%), Folate: 15.6µg (3.9%), Vitamin B2: 0.06mg (3.59%), Vitamin E: 0.52mg (3.49%), Vitamin B1: 0.05mg (3.45%), Vitamin B6: 0.06mg (3%), Iron: 0.47mg (2.63%), Vitamin A: 117.99IU (2.36%), Magnesium: 9.23mg (2.31%), Potassium: 67.95mg (1.94%), Fiber: 0.38g (1.5%), Vitamin B5: 0.14mg (1.37%)