



Crab and Artichoke Tarts

READY IN



60 min.

SERVINGS



8

CALORIES



95 kcal

Ingredients

- ☐ 6 ounces artichoke hearts canned drained chopped
- ☐ 0.3 cup cream cheese softened
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 pinch garlic powder to taste
- ☐ 3 green onions finely chopped
- ☐ 8 servings ground pepper black to taste
- ☐ 10 ounces lump crab meat
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 bell pepper red finely chopped
- ☐ 4 inch phyllo tart shells frozen thawed

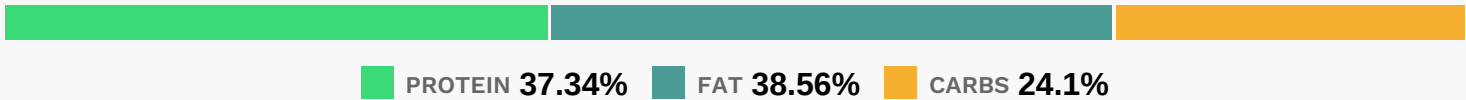
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Combine crabmeat, artichoke hearts, red bell pepper, cream cheese, Parmesan cheese, green onions, flour, garlic powder, and black pepper together in a bowl.
- ☐ Spoon crabmeat mixture evenly into tart shells.
- ☐ Place filled shells on a baking sheet.
- ☐ Bake in preheated oven until tart is golden and filling is bubbling, 45 minutes to 1 hour.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:1.93, Inflammation Score:-6, Nutrition Score:9.8052173843202%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 94.54kcal (4.73%), Fat: 3.97g (6.12%), Saturated Fat: 2.12g (13.23%), Carbohydrates: 5.59g (1.86%), Net Carbohydrates: 4.67g (1.7%), Sugar: 1.23g (1.37%), Cholesterol: 25.07mg (8.36%), Sodium: 456.75mg (19.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.32%), Vitamin B12: 3.25µg (54.12%), Vitamin C: 22.37mg (27.11%), Selenium: 15.61µg (22.29%), Copper: 0.34mg (17.05%), Zinc: 2.36mg (15.7%), Vitamin A: 641.95IU (12.84%), Phosphorus: 113.79mg (11.38%), Vitamin K: 10.42µg (9.92%), Folate: 31.31µg (7.83%), Magnesium: 22.58mg (5.65%), Calcium: 55.96mg (5.6%), Vitamin B6: 0.11mg (5.37%), Vitamin B2: 0.07mg (4.27%), Potassium: 135.7mg (3.88%), Vitamin B3: 0.74mg (3.68%), Fiber: 0.92g (3.68%), Manganese: 0.07mg (3.59%), Iron: 0.62mg (3.45%), Vitamin B1: 0.05mg (3.36%), Vitamin B5: 0.24mg (2.39%), Vitamin E: 0.34mg (2.26%)