



Crab Appetizer Napoleons

READY IN



60 min.

SERVINGS



12

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup almonds sliced
- 6 ounce crab meat refrigerated drained canned
- 8 ounce cream cheese softened
- 4 spring onion sliced
- 0.3 teaspoon pepper black
- 1 tablespoon horseradish prepared
- 1 tablespoon milk
- 12 servings paprika
- 1 sheet puff pastry pepperidge farm®

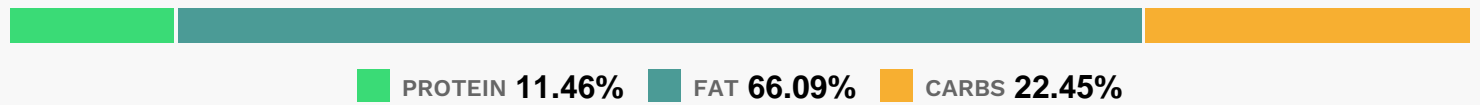
Equipment

- baking sheet
- oven
- wire rack
- cookie cutter

Directions

- Thaw pastry sheet at room temperature 30 minutes. Preheat oven to 400 degrees F.
- Unfold pastry sheet on lightly floured surface.
- Cut into 12 rounds, using 2-inch cookie cutter.
- Place 2 inches apart on baking sheet.
- Bake 15 minutes or until golden.
- Remove from baking sheet and cool on wire rack.
- Stir cream cheese until smooth. Stir in milk, horseradish, pepper and crabmeat.
- Split pastries into 2 layers, making 24 layers in all.
- Spread crabmeat mixture on 12 bottom layers. Top with onions, almonds and top layers.
- Sprinkle with paprika. Makes 12 Napoleons.

Nutrition Facts



Properties

Glycemic Index:20.42, Glycemic Load:5.48, Inflammation Score:-7, Nutrition Score:8.7891305257445%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg

Isorhamnetin: 0.1mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg
Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 221.12kcal (11.06%), Fat: 16.59g (25.53%), Saturated Fat: 6.01g (37.59%), Carbohydrates: 12.68g (4.23%),
Net Carbohydrates: 11.04g (4.01%), Sugar: 1.49g (1.65%), Cholesterol: 25.19mg (8.4%), Sodium: 236.46mg (10.28%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.95%), Vitamin A: 1284.71IU (25.69%), Vitamin B12:
1.32µg (22.07%), Selenium: 12.09µg (17.28%), Vitamin K: 13.66µg (13.01%), Vitamin E: 1.86mg (12.4%), Manganese:
0.24mg (11.97%), Copper: 0.22mg (10.79%), Vitamin B2: 0.18mg (10.64%), Phosphorus: 91.43mg (9.14%), Zinc:
1.28mg (8.56%), Folate: 29.81µg (7.45%), Vitamin B1: 0.11mg (7.28%), Iron: 1.26mg (7%), Vitamin B3: 1.39mg (6.96%),
Magnesium: 27.18mg (6.8%), Fiber: 1.64g (6.56%), Calcium: 47.09mg (4.71%), Potassium: 156.56mg (4.47%), Vitamin
B6: 0.09mg (4.42%), Vitamin C: 2.07mg (2.51%), Vitamin B5: 0.23mg (2.35%)