



Crab-Artichoke Tarts

READY IN



45 min.

SERVINGS



32

CALORIES



26 kcal

Ingredients

- 14 ounce artichoke hearts drained chopped canned
- 6 ounce crab meat drained canned
- 2 tablespoons freeze-dried chives
- 4 ounce carton egg substitute frozen thawed
- 2 teaspoons flour all-purpose
- 1 tablespoon butter melted
- 3 tablespoons parmesan cheese grated
- 0.1 teaspoon pepper
- 0.3 cup roasted bell peppers red chopped
- 0.1 teaspoon thyme leaves dried whole

128 3-inch wonton wrappers

Equipment

bowl

oven

muffin liners

Directions

Combine first 4 ingredients in a bowl; stir well.

Add chopped bell peppers, artichokes, and crabmeat; stir well.

Coat 32 miniature muffin cups with cooking spray. gently press 1 wontgon wrapper ilnto each muffin cup, allowing ends to extend above edges of cups. Spoon crabmeat mixture evenly into wonton-wrapper cups; sprinkle with cheese and chives.

Brush edges of wonton wrappers with melted margarine.

Bake at 350 for 20 minutes or until crabmeat mixture is set and edges of wonton wrappers are lightly browned.

Nutrition Facts



PROTEIN 30.82% **FAT 20.79%** **CARBS 48.39%**

Properties

Glycemic Index:3.34, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.6447826125052%

Nutrients (% of daily need)

Calories: 26.46kcal (1.32%), Fat: 0.59g (0.91%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 3.08g (1.03%), Net Carbohydrates: 2.79g (1.02%), Sugar: 0.17g (0.19%), Cholesterol: 5.92mg (1.97%), Sodium: 132.97mg (5.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Selenium: 5.08µg (7.26%), Vitamin B12: 0.2µg (3.28%), Copper: 0.05mg (2.6%), Phosphorus: 21.74mg (2.17%), Vitamin B2: 0.04mg (2.16%), Zinc: 0.29mg (1.93%), Vitamin B3: 0.38mg (1.91%), Vitamin B1: 0.03mg (1.85%), Folate: 7.18µg (1.79%), Manganese: 0.03mg (1.71%), Calcium: 14.26mg (1.43%), Iron: 0.26mg (1.42%), Vitamin B5: 0.12mg (1.16%), Vitamin E: 0.17mg (1.14%), Fiber: 0.29g (1.14%)