



Crab Bites

READY IN



40 min.

SERVINGS



45

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup salad dressing
- 0.8 cup parmesan cheese grated
- 0.5 teaspoon garlic finely chopped
- 0.5 cup spring onion finely chopped
- 14 oz artichoke hearts diced drained canned
- 6 oz crab meat flaked
- 6.3 oz athens phyllo shells frozen mini thawed (15 shells each)

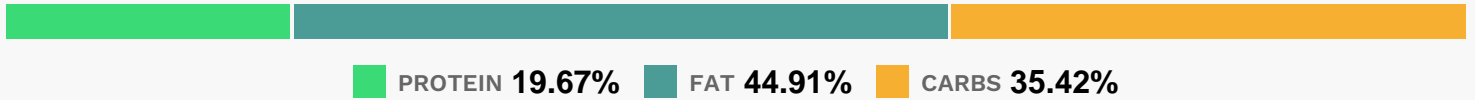
Equipment

- bowl
- baking sheet
- baking paper
- oven
- aluminum foil

Directions

- Heat oven to 375°F. Line cookie sheet with foil or cooking parchment paper.
- In large bowl, mix all ingredients except phyllo shells with spoon about 2 minutes or until well blended.
- Place phyllo shells on cookie sheet. Fill each shell with about 1 tablespoon crab mixture.
- Bake 20 to 25 minutes or until shells are puffed and golden brown.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:1.38, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.2039130445084%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 35.8kcal (1.79%), Fat: 1.87g (2.88%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 3.15g (1.15%), Sugar: 0.52g (0.58%), Cholesterol: 3.04mg (1.01%), Sodium: 140.66mg (6.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Vitamin B12: 0.36µg (6.04%), Vitamin K: 4.52µg (4.31%), Selenium: 2.05µg (2.93%), Zinc: 0.3mg (2.03%), Phosphorus: 19.89mg (1.99%), Copper: 0.04mg (1.86%), Calcium: 17.84mg (1.78%)