



Crab Bites

READY IN



40 min.

SERVINGS



45

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

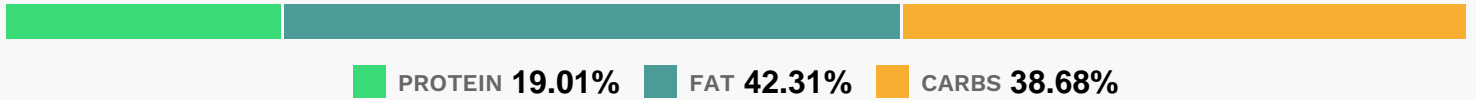
Equipment

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

Directions

- Heat oven to 375F. Line cookie sheet with foil or cooking parchment paper.
- In large bowl, mix all ingredients except fillo shells with spoon about 2 minutes or until well blended.
- Place fillo 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:2.22, Glycemic Load:0.78, Inflammation Score:-1, Nutrition Score:1.5678260868982%

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: 33.9kcal (1.69%), Fat: 1.56g (2.39%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.96g (1.08%), Sugar: 0.53g (0.58%), Cholesterol: 3.04mg (1.01%), Sodium: 151.58mg (6.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.15%), Vitamin B12: 0.36µg (6.04%), Vitamin K: 4.62µg (4.4%), Selenium: 2.97µg (4.25%), Phosphorus: 22.87mg (2.29%), Zinc: 0.32mg (2.16%), Copper: 0.04mg (2.06%), Calcium: 18.28mg (1.83%), Vitamin B1: 0.03mg (1.67%), Folate: 5.97µg (1.49%), Vitamin B2: 0.02mg (1.28%), Manganese: 0.03mg (1.26%), Vitamin B3: 0.22mg (1.08%), Iron: 0.18mg (1.02%)