



Crab Bites

READY IN



130 min.

SERVINGS



8

CALORIES



266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounce crabmeat drained canned
- 16 ounce cream cheese softened
- 1 teaspoon dill dried
- 2 teaspoons parsley dried
- 0.1 teaspoon garlic minced
- 0.4 cup sauce
- 2.1 ounce phyllo tart shells mini

Equipment

mixing bowl

Directions

In a small mixing bowl, combine crab meat, cream cheese, dill, garlic, and parsley. Blend well. Spoon the mixture into thawed shells. Spoon cocktail sauce on some or all of the shells (if desired). Keep the crab shells refrigerated until serving.

Nutrition Facts



PROTEIN 12.19% **FAT 73.5%** **CARBS 14.31%**

Properties

Glycemic Index:7.13, Glycemic Load:0.85, Inflammation Score:-5, Nutrition Score:5.8486956928087%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg

Nutrients (% of daily need)

Calories: 265.51kcal (13.28%), Fat: 21.81g (33.55%), Saturated Fat: 12.38g (77.39%), Carbohydrates: 9.56g (3.19%), Net Carbohydrates: 9.18g (3.34%), Sugar: 5.05g (5.61%), Cholesterol: 79.68mg (26.56%), Sodium: 452.49mg (19.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.27%), Selenium: 14.01µg (20.01%), Vitamin A: 769.69IU (15.39%), Vitamin B12: 0.83µg (13.88%), Phosphorus: 111.28mg (11.13%), Copper: 0.18mg (9.21%), Vitamin B2: 0.15mg (8.89%), Calcium: 76.95mg (7.69%), Zinc: 1.1mg (7.33%), Vitamin E: 0.88mg (5.87%), Vitamin B5: 0.54mg (5.36%), Iron: 0.93mg (5.18%), Folate: 15.99µg (4%), Potassium: 134.91mg (3.85%), Vitamin B6: 0.07mg (3.39%), Magnesium: 13.43mg (3.36%), Vitamin B3: 0.64mg (3.21%), Vitamin K: 1.6µg (1.52%), Fiber: 0.38g (1.52%), Manganese: 0.03mg (1.51%), Vitamin B1: 0.02mg (1.24%)