



Crab Canapes

READY IN



32 min.

SERVINGS



36

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce bread dough refrigerated canned
- 0.3 teaspoon curry powder
- 1 tablespoon spring onion thinly sliced
- 6 ounces imitation crab
- 1 teaspoon juice of lemon
- 0.5 cup mayonnaise
- 0.5 teaspoon salt
- 1 cup swiss cheese shredded

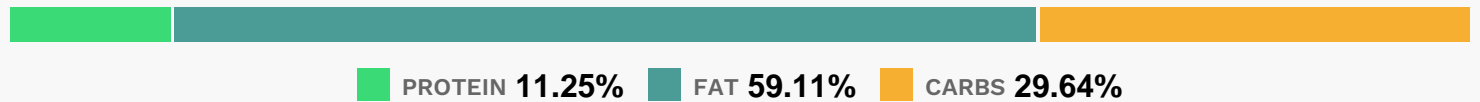
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 400 degrees F (205 degrees C). Lightly grease a baking sheet.
- In a medium bowl, combine the crabmeat, green onions, cheese, mayonnaise, curry powder, salt and lemon juice.
- Mix well.
- Separate each refrigerator roll into three layers, making 36 pieces total.
- Place the pieces on the prepared baking sheet. Spoon a small amount of the crabmeat mixture onto each pieces of dough.
- Bake at 400 degrees F (205 degrees C) for 12 minutes, until puffed and brown.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.76826087191053%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 53.8kcal (2.69%), Fat: 3.44g (5.3%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 3.89g (1.3%), Net Carbohydrates: 3.7g (1.35%), Sugar: 0.18g (0.2%), Cholesterol: 4.62mg (1.54%), Sodium: 113.82mg (4.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.95%), Vitamin K: 5.47µg (5.21%), Calcium: 27.16mg (2.72%), Phosphorus: 17.99mg (1.8%), Vitamin B12: 0.09µg (1.57%), Selenium: 0.98µg (1.4%)