

Crab Crescents

 Dairy Free

READY IN



25 min.

SERVINGS



16

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup crab meat fresh
- 3 tablespoons basil pesto prepared
- 8 ounces regular crescent rolls refrigerated

Equipment

- baking sheet
- oven

Directions

- Unroll crescent dough; separate into eight triangles.
- Cut each triangle in half lengthwise, forming two triangles.
- Spread 1/2 teaspoon pesto over each triangle; place 1 rounded teaspoonful of crab along the wide end of each triangle.
- Roll up triangles from the wide ends and place point side down 1 in. apart on an ungreased baking sheet.
- Bake at 375° for 10–12 minutes or until golden brown.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.98913043607836%

Nutrients (% of daily need)

Calories: 64.91kcal (3.25%), Fat: 4.12g (6.34%), Saturated Fat: 1.46g (9.13%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 5.85g (2.13%), Sugar: 1.51g (1.67%), Cholesterol: 2.43mg (0.81%), Sodium: 181.46mg (7.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Vitamin B12: 0.47µg (7.88%), Selenium: 1.91µg (2.73%), Copper: 0.05mg (2.42%), Zinc: 0.31mg (2.08%), Iron: 0.23mg (1.25%), Vitamin A: 57.96IU (1.16%), Phosphorus: 11.5mg (1.15%)