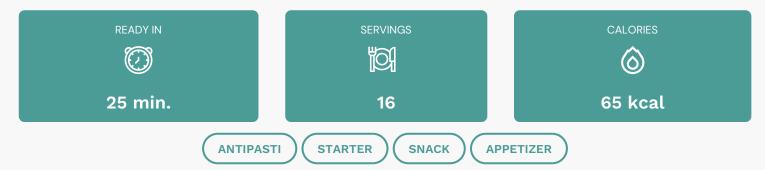


Crab Crescents

Dairy Free



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	
	PROTEIN 9.5% FAT 55.32% CARBS 35.18%

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: Og (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%)