



Crab-Filled Crescent Snacks

READY IN



45 min.

SERVINGS



32

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounce crabmeat rinsed drained well canned
- 3 ounce cream cheese softened
- 1 egg yolk
- 0.3 teaspoon garlic salt
- 2 tablespoons spring onion sliced
- 16 ounce regular crescent rolls refrigerated pillsbury® canned
- 1 teaspoon sesame seed
- 9 ounce soy sauce
- 1 tablespoon water

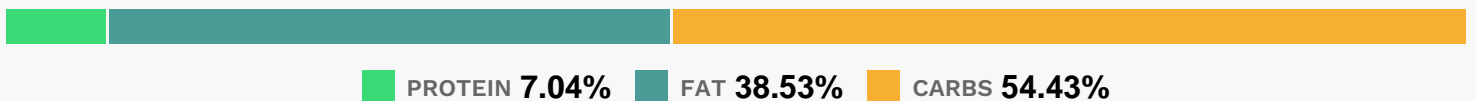
Equipment

- baking sheet
- oven

Directions

- Heat oven to 375 degrees F. Spray large cookie sheet with cooking spray. Stir together crabmeat, cream cheese, onions and garlic salt.
- Unroll both cans of dough and separate into 16 triangles.
- Cut each triangle in half lengthwise to make 32 triangles.
- Place 1 teaspoon crab mixture on center of each triangle about 1 inch from short side of triangle. Fold short ends of each triangle over filling; pinch sides to seal.
- Roll up.
- Place on cookie sheet.
- Stir together egg yolk and water.
- Brush egg mixture over snacks.
- Sprinkle with sesame seed. Discard any remaining egg mixture.
- Bake 15 to 20 minutes or until golden brown.
- Serve warm snacks with sweet-and-sour sauce.

Nutrition Facts



Properties

Glycemic Index:2.94, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.0586956600132%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 97.51kcal (4.88%), Fat: 4.18g (6.43%), Saturated Fat: 1.88g (11.76%), Carbohydrates: 13.29g (4.43%), Net Carbohydrates: 13.28g (4.83%), Sugar: 7.38g (8.2%), Cholesterol: 13.92mg (4.64%), Sodium: 311.59mg (13.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Selenium: 2.85µg (4.07%), Vitamin B12: 0.19µg (3.23%), Copper: 0.05mg (2.36%), Phosphorus: 18.01mg (1.8%), Zinc: 0.24mg (1.57%), Iron: 0.24mg (1.32%), Folate: 4.07µg (1.02%)