



WHATSheATE



Crab-Filled Crescent Wontons

READY IN



35 min.

SERVINGS



24

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup crabmeat cooked chopped
- ☐ 3 oz cream cheese softened
- ☐ 8 oz regular crescent rolls refrigerated pillsbury® crescent recipe creations® canned
- ☐ 1 egg whites beaten
- ☐ 1 tablespoon spring onion chopped (1 medium)
- ☐ 0.1 teaspoon ground pepper red (cayenne)

Equipment

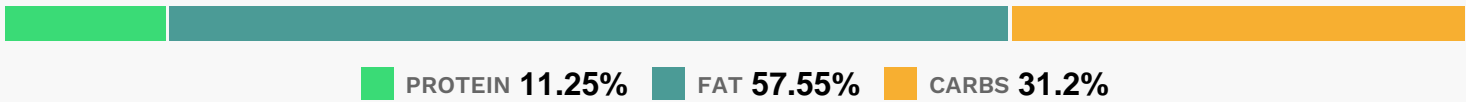
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375°F. Spray cookie sheet with cooking spray. Unroll dough on work surface (if using crescent rolls, pinch seams to seal); cut into 6 rows by 4 rows to make 24 squares.
- ☐ In small bowl, mix cream cheese, crabmeat, onion and red pepper. Spoon about 1 teaspoon crab mixture 1/2 inch from 1 corner of 1 square. Starting with same corner, fold dough over filling, and tuck end tightly underneath filling; continue rolling to within 1/2 inch of opposite corner. Lightly brush exposed corner with egg white.
- ☐ Roll moistened corner of dough over roll; press to seal.
- ☐ Place on cookie sheet.
- ☐ Brush with egg white. Repeat with remaining squares and filling.
- ☐ Bake 10 to 15 minutes or until golden brown.
- ☐ Remove from cookie sheet.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:3.79, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.84130434789087%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 49.74kcal (2.49%), Fat: 3.29g (5.06%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 4g (1.45%), Sugar: 1.09g (1.22%), Cholesterol: 7.67mg (2.56%), Sodium: 111.18mg (4.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.89%), Selenium: 2.37µg (3.38%), Vitamin B12: 0.15µg (2.49%), Copper: 0.04mg (1.78%), Phosphorus: 13.97mg (1.4%), Zinc: 0.18mg (1.2%), Vitamin A: 54.5IU (1.09%), Vitamin B2: 0.02mg (1.05%)