



HEALTH SCORE

52%

Crab in Puff Pastry

READY IN



50 min.

SERVINGS



4

CALORIES



589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 package puff pastry frozen thawed (17.3 ounce-size) (1 sheet)
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.5 cup whipping cream (heavy)
- ☐ 1.5 cups crabmeat cooked
- ☐ 0.5 cup sauvignon blanc white wine dry white
- ☐ 2 tablespoons parsley fresh chopped

- ☐ 1 teaspoon lemon zest shredded finely
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper

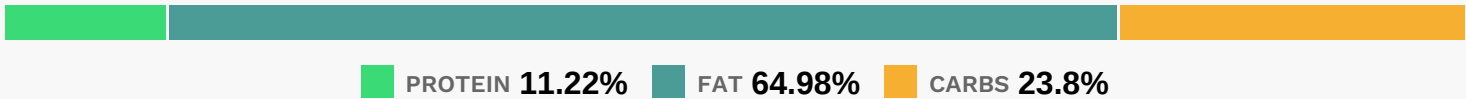
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Unfold pastry sheet; place on lightly floured surface.
- ☐ Roll into 10-inch square.
- ☐ Cut in half; place one half on top of the other.
- ☐ Roll to seal edges.
- ☐ Cut crosswise into 4 equal pieces.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake about 20 minutes or until golden brown.
- ☐ Melt butter in 2-quart saucepan over low heat. Cook onions in butter, stirring occasionally, until tender. Stir in flour. Cook, stirring constantly, until mixture is bubbly; remove from heat.
- ☐ Gradually stir in milk and whipping cream.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in remaining ingredients; heat through.
- ☐ Split each pastry horizontally with fork. Spoon crab mixture over bottom halves; top with remaining pastry halves.
- ☐ Garnish with additional parsley if desired.

Nutrition Facts



Properties

Glycemic Index:66.25, Glycemic Load:17.64, Inflammation Score:-7, Nutrition Score:17.575217309205%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 588.9kcal (29.45%), Fat: 41.12g (63.27%), Saturated Fat: 14.6g (91.23%), Carbohydrates: 33.89g (11.3%), Net Carbohydrates: 32.66g (11.88%), Sugar: 2.91g (3.23%), Cholesterol: 86.38mg (28.79%), Sodium: 670.22mg (29.14%), Alcohol: 3.1g (100%), Alcohol %: 1.8% (100%), Protein: 15.98g (31.96%), Selenium: 39.31µg (56.16%), Vitamin K: 50.18µg (47.79%), Vitamin B12: 1.91µg (31.75%), Copper: 0.5mg (24.89%), Folate: 86.75µg (21.69%), Vitamin B3: 4.26mg (21.32%), Phosphorus: 211.36mg (21.14%), Vitamin B1: 0.31mg (20.82%), Vitamin B2: 0.34mg (20.26%), Manganese: 0.38mg (18.99%), Vitamin A: 937.73IU (18.75%), Zinc: 2.51mg (16.74%), Iron: 2.2mg (12.25%), Vitamin E: 1.8mg (12.03%), Calcium: 117.96mg (11.8%), Magnesium: 36.59mg (9.15%), Potassium: 270.47mg (7.73%), Vitamin B5: 0.73mg (7.29%), Vitamin C: 5.73mg (6.95%), Vitamin B6: 0.13mg (6.39%), Vitamin D: 0.81µg (5.41%), Fiber: 1.23g (4.93%)