



## Crab Puffs with MIRACLE WHIP Dressing

READY IN



60 min.

SERVINGS



1

CALORIES



1002 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup olives black pitted chopped
- 0.3 cup butter ()
- 6 oz crab meat flaked drained canned
- 2 eggs
- 0.5 cup flour
- 0.3 cup bell pepper green chopped
- 2 Tbsp miracle whip dressing
- 1 dash pepper sauce hot
- 0.5 cup water

## Equipment

- baking sheet
- sauce pan
- oven

## Directions

- Preheat oven to 400F.
- Place water and butter in medium saucepan. Bring to boil.
- Add flour; cook on low heat until mixture forms a ball, stirring vigorously.
- Remove from heat.
- Add eggs, 1 at a time, beating well after each addition. Drop rounded teaspoonfuls of batter onto ungreased baking sheet.
- Bake 30 to 35 min. or until golden brown.
- Remove immediately from baking sheet; cool.
- Mix crabmeat, olives, green pepper, dressing and hot pepper sauce.
- Cut tops from cream puffs; fill evenly with crabmeat mixture, using about 1-1/2 tsp. of the crabmeat mixture for each cream puff. Replace tops. Store leftover cream puffs in refrigerator.

## Nutrition Facts

**PROTEIN 19.74%** **FAT 57.36%** **CARBS 22.9%**

## Properties

Glycemic Index:85, Glycemic Load:34.61, Inflammation Score:-9, Nutrition Score:42.719565122024%

## Flavonoids

Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

## Nutrients (% of daily need)

Calories: 1002.14kcal (50.11%), Fat: 63.74g (98.06%), Saturated Fat: 13.8g (86.23%), Carbohydrates: 57.26g (19.09%), Net Carbohydrates: 52.84g (19.22%), Sugar: 4.93g (5.48%), Cholesterol: 495.23mg (165.08%), Sodium: 2582.84mg (112.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.35g (98.7%), Selenium: 121.58µg (173.69%), Vitamin B12: 6.5µg (108.4%), Copper: 1.64mg (81.77%), Phosphorus: 663.68mg (66.37%), Folate: 248.13µg (62.03%), Vitamin A: 2845.47IU (56.91%), Zinc: 8.13mg (54.21%), Vitamin B2: 0.9mg (53.16%), Vitamin E: 7.7mg (51.35%), Vitamin B3: 8.73mg (43.66%), Vitamin C: 35.75mg (43.33%), Vitamin B1: 0.6mg (40.09%), Vitamin B5: 3.41mg (34.14%), Iron: 5.68mg (31.54%), Manganese: 0.62mg (31.11%), Vitamin B6: 0.55mg (27.26%), Calcium: 263.07mg (26.31%), Magnesium: 97.11mg (24.28%), Potassium: 752.61mg (21.5%), Fiber: 4.41g (17.66%), Vitamin D: 1.76µg (11.73%), Vitamin K: 4.35µg (4.14%)