



## Crab Rangoon

READY IN



30 min.

SERVINGS



30

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 oz crab meat flaked drained canned
- 8 oz philadelphia chive & onion cream cheese spread
- 1.5 cups oil
- 0.3 cup sweet'n sauce sour kraft
- 30 won ton wrappers

## Equipment

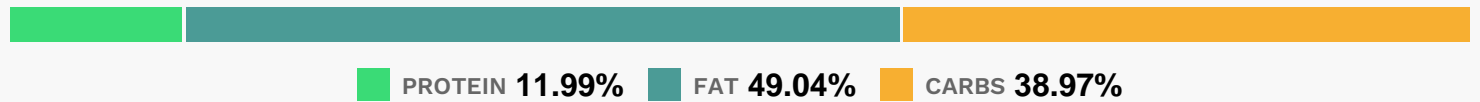
- frying pan
- paper towels

- wok
- slotted spoon

## Directions

- Mix cream cheese spread and crabmeat; spoon onto won ton wrappers, adding about 1 tsp. crabmeat mixture to each.
- Moisten edges of wrappers with water; fold diagonally in half. Press edges together to seal.
- Heat oil in medium skillet or wok to 360F.
- Add won tons, in batches; cook 1 to 2 min. or until golden brown on both sides, turning once.
- Remove from skillet with slotted spoon; drain on paper towels.
- Serve with sauce.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.8134782437397%

## Nutrients (% of daily need)

Calories: 75.39kcal (3.77%), Fat: 4.03g (6.2%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 7.21g (2.4%), Net Carbohydrates: 7.07g (2.57%), Sugar: 2.12g (2.36%), Cholesterol: 10.86mg (3.62%), Sodium: 156.3mg (6.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Selenium: 4.55µg (6.5%), Vitamin E: 0.5mg (3.31%), Vitamin B12: 0.19µg (3.17%), Copper: 0.06mg (2.86%), Vitamin B3: 0.56mg (2.81%), Vitamin B1: 0.04mg (2.68%), Manganese: 0.05mg (2.6%), Folate: 9.34µg (2.34%), Vitamin B2: 0.03mg (1.98%), Phosphorus: 19.34mg (1.93%), Zinc: 0.27mg (1.8%), Calcium: 17.76mg (1.78%), Iron: 0.28mg (1.56%), Vitamin K: 1.61µg (1.54%), Vitamin A: 72.98IU (1.46%)