

Crab Rangoon

🤍 Popular

READY IN



50 min.

SERVINGS



48

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounce crab meat flaked drained canned
- ☐ 8 ounce cream cheese
- ☐ 1 clove garlic minced
- ☐ 2 green onions with tops, thinly sliced
- ☐ 0.5 teaspoon soya sauce light
- ☐ 48 wonton wrappers
- ☐ 2 teaspoons worcestershire sauce

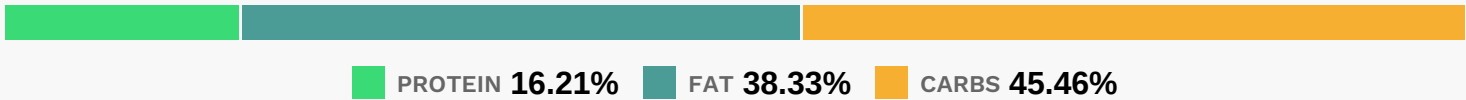
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat an oven to 425 degrees F (220 degrees C). Lightly spray baking sheet with cooking spray.
- ☐ Combine garlic, cream cheese, crab, green onions, Worcestershire sauce, and soy sauce in a bowl. To prevent wonton skins from drying, prepare only 1 or 2 rangoon at a time.
- ☐ Place 1 teaspoon of filling onto the center of each wonton skin. Moisten the edges with water and fold the wonton skin diagonally to form a triangle, pressing edges to seal. Moisten one of the bottom corners. Create a crown by pulling both bottom corners together and sealing. Arrange the rangoon on the baking sheet and lightly spray with cooking spray.
- ☐ Bake in the preheated oven until golden brown, 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:2.17, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.5691304336423%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 41.79kcal (2.09%), Fat: 1.77g (2.72%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 4.71g (1.57%), Net Carbohydrates: 4.56g (1.66%), Sugar: 0.22g (0.24%), Cholesterol: 8.88mg (2.96%), Sodium: 84.52mg (3.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Selenium: 4.06µg (5.79%), Vitamin B1: 0.04mg (2.76%), Manganese: 0.05mg (2.66%), Vitamin B3: 0.52mg (2.58%), Vitamin B2: 0.04mg (2.55%), Folate: 9.04µg (2.26%), Vitamin B12: 0.13µg (2.16%), Copper: 0.04mg (2.1%), Phosphorus: 19.93mg (1.99%), Iron: 0.3mg (1.66%), Zinc: 0.22mg (1.44%), Vitamin A: 69.76IU (1.4%), Calcium: 12.09mg (1.21%), Vitamin K: 1.15µg (1.09%)