

Crab Rangoon Puffs

READY IN



45 min.

SERVINGS



16

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 0.3 cup cocktail sauce
- ☐ 1 pound lump crab meat fresh drained
- ☐ 16 ounce crescent rolls refrigerated canned

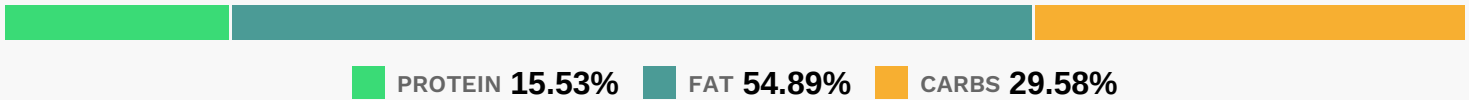
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease two baking sheets.
- ☐ Unroll the crescent roll dough and separate into triangles.
- ☐ Roll or press the triangles out on a clean surface, making them larger than their original size by half.
- ☐ Lay the triangles out on the prepared baking sheets; set aside.
- ☐ Finely chop the crabmeat and place in a large mixing bowl.
- ☐ Add the cream cheese and cocktail sauce and mix until all of the ingredients are well-combined.
- ☐ Place a tablespoon of the crab mixture on the large side of each crescent triangle. Pull the two bottom edges of the triangle together and pinch the seam closed over the crab mixture. Pull forward the remaining tip of the triangle to cover the remaining crab mixture and pinch the seams to close.
- ☐ Bake in the preheated oven until the crab puffs are golden brown, 10 to 15 minutes. Cool 5 to 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:1.69, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:5.4295652547608%

Nutrients (% of daily need)

Calories: 178.66kcal (8.93%), Fat: 11.15g (17.15%), Saturated Fat: 5.44g (34%), Carbohydrates: 13.52g (4.51%), Net Carbohydrates: 13.52g (4.92%), Sugar: 4.51g (5.01%), Cholesterol: 26.22mg (8.74%), Sodium: 563.2mg (24.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.19%), Vitamin B12: 2.58µg (43.04%), Selenium: 11.54µg (16.48%), Copper: 0.26mg (13.2%), Zinc: 1.76mg (11.72%), Phosphorus: 77.25mg (7.73%), Vitamin A: 197.17IU (3.94%), Magnesium: 15.17mg (3.79%), Folate: 13.75µg (3.44%), Iron: 0.54mg (3%), Calcium: 26.79mg (2.68%), Vitamin B2: 0.04mg (2.63%), Vitamin B6: 0.05mg (2.52%), Vitamin C: 1.98mg (2.41%), Potassium: 76.54mg (2.19%), Vitamin B5: 0.18mg (1.8%), Vitamin B3: 0.32mg (1.62%), Vitamin B1: 0.02mg (1.03%)