

Crab Swiss Bites

READY IN

ready

22 min.

SERVINGS

servings

30

CALORIES

calories

58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounce crab meat flaked drained canned
- ☐ 5 ounce water chestnuts drained sliced canned
- ☐ 0.3 teaspoon curry powder
- ☐ 8 ounce dinner rolls
- ☐ 1 tablespoon green onion sliced
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup swiss cheese shredded

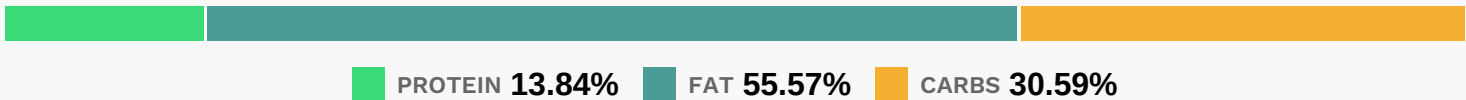
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a medium bowl, mix together crabmeat, green onion, Swiss cheese, mayonnaise, lemon juice and curry powder.
- ☐ Separate dinner rolls into 3 pieces each. Spoon equal portions of the crabmeat mixture onto the roll pieces. Top with water chestnuts.
- ☐ Bake in the preheated oven 10 to 12 minutes, or until bubbly and golden brown.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.3447826117601%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 58.11kcal (2.91%), Fat: 3.6g (5.53%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 3.97g (1.44%), Sugar: 0.34g (0.37%), Cholesterol: 7.9mg (2.63%), Sodium: 97.52mg (4.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.03%), Selenium: 5.34µg (7.63%), Vitamin K: 6.76µg (6.44%), Manganese: 0.09mg (4.53%), Vitamin B12: 0.22µg (3.67%), Copper: 0.07mg (3.32%), Phosphorus: 28.64mg (2.86%), Calcium: 27.29mg (2.73%), Vitamin B3: 0.49mg (2.46%), Zinc: 0.36mg (2.39%), Vitamin B1: 0.04mg (2.37%), Iron: 0.38mg (2.1%), Folate: 8.31µg (2.08%), Vitamin E: 0.3mg (2.01%), Fiber: 0.48g (1.93%), Vitamin B2: 0.03mg (1.85%), Magnesium: 5.57mg (1.39%), Vitamin B6: 0.03mg (1.38%), Vitamin B5: 0.11mg (1.05%)