



Crab Wonton Cups

READY IN



32 min.

SERVINGS



24

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounce crab meat drained canned
- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 0.5 teaspoon curry powder
- ☐ 1 tablespoon green onions chopped
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 teaspoon salt
- ☐ 1 cup swiss cheese shredded
- ☐ 24 wonton wrappers

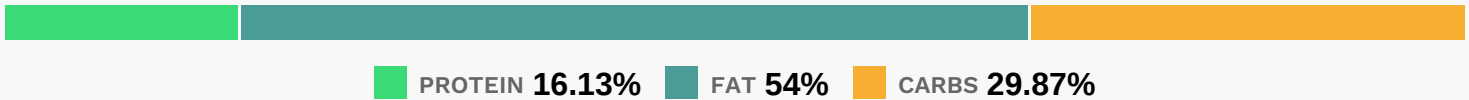
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin tray
- ☐ kitchen scissors

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Spray mini-muffin tins with nonstick cooking spray.
- ☐ In a medium bowl, stir together crabmeat, green onion, mayonnaise, curry powder, salt, lemon juice, and Swiss cheese. Use kitchen scissors to trim off corners of individual wonton skins; place trimmed skins in wells of mini-muffin tins. Spoon about 1 tablespoon crabmeat mixture into each wonton cup. Top each with a slice of water chestnut.
- ☐ Bake in preheated oven about 12 minutes, or until puffed and browned.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:3.1908695747995%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 84.76kcal (4.24%), Fat: 5.07g (7.79%), Saturated Fat: 1.4g (8.77%), Carbohydrates: 6.31g (2.1%), Net Carbohydrates: 5.78g (2.1%), Sugar: 0.4g (0.45%), Cholesterol: 13.69mg (4.56%), Sodium: 170.41mg (7.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.81%), Selenium: 6.73µg (9.61%), Vitamin K: 8.28µg (7.88%), Vitamin B12: 0.38µg (6.32%), Phosphorus: 52.56mg (5.26%), Calcium: 51.39mg (5.14%), Copper: 0.09mg (4.35%), Zinc: 0.59mg (3.9%), Manganese: 0.07mg (3.56%), Vitamin B3: 0.66mg (3.3%), Vitamin B2: 0.05mg (3.14%), Folate:

11.82μg (2.95%), Vitamin B1: 0.04mg (2.89%), Vitamin E: 0.4mg (2.63%), Iron: 0.45mg (2.49%), Fiber: 0.52g (2.1%),
Vitamin B6: 0.04mg (2.05%), Magnesium: 6.51mg (1.63%), Potassium: 47.58mg (1.36%), Vitamin B5: 0.12mg (1.21%)