

Crab Wontons

READY IN



45 min.

SERVINGS



12

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 can crabmeat white drained chopped
- 4 oz weight cream cheese fat free softened
- 2 tablespoons mayonnaise
- 0.3 tsp soya sauce
- 0.3 tsp garlic minced
- 0.3 tsp onion powder
- 12 servings pepper fresh to taste
- 12 wonton wrappers
- 12 wonton wrappers

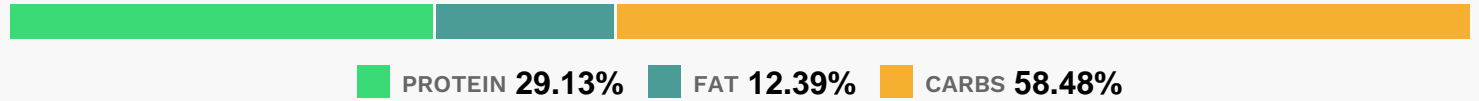
Equipment

- bowl
- oven
- muffin liners
- mini muffin tray

Directions

- Preheat oven to 350F. Spray a mini muffin tin with nonstick cooking spray.
- In a medium bowl, combine crab meat, cream cheese, mayonaise, soy sauce, garlic, onion powder,and pepper.
- Mix until well combined.
- Place 1 won ton wrapper in each 12 mini muffin cups. The edges of the won ton wrappers will extend beyond the mini muffin tin cups and may need to be folded slightly. Fill the center of each won ton cup with crab mixture.
- Bake 15 to 20 minutes or until edges of cups are golden brown and filling is heated through.

Nutrition Facts



Properties

Glycemic Index:6.42, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.8304347826087%

Taste

Sweetness: 24.38%, Saltiness: 100%, Sourness: 91.44%, Bitterness: 39.82%, Savoriness: 8.42%, Fattiness: 97.86%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 68.35kcal (3.42%), Fat: 0.92g (1.41%), Saturated Fat: 0.2g (1.27%), Carbohydrates: 9.75g (3.25%), Net Carbohydrates: 9.45g (3.44%), Sugar: 0.61g (0.68%), Cholesterol: 12.96mg (4.32%), Sodium: 237.13mg (10.31%), Protein: 4.86g (9.72%), Selenium: 9.24µg (13.21%), Phosphorus: 86.87mg (8.69%), Vitamin B12: 0.44µg (7.33%), Manganese: 0.12mg (6.01%), Vitamin B1: 0.08mg (5.65%), Vitamin B3: 1.13mg (5.64%), Copper: 0.11mg (5.63%), Folate: 21.69µg (5.42%), Vitamin B2: 0.09mg (5.41%), Calcium: 50.6mg (5.06%), Zinc: 0.65mg (4.34%), Iron: 0.59mg

(3.29%), Magnesium: 9.17mg (2.29%), Potassium: 68.59mg (1.96%), Vitamin B5: 0.19mg (1.91%), Vitamin E: 0.25mg (1.64%), Vitamin K: 1.47µg (1.4%), Vitamin B6: 0.03mg (1.36%), Fiber: 0.31g (1.22%)