



Crabmeat and Bacon Cups

READY IN



25 min.

SERVINGS



25

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

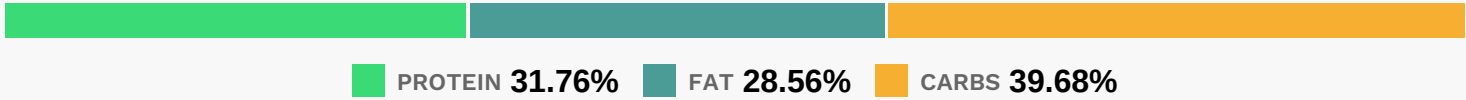
- ☐ 0.5 pound crab meat fresh flaked drained
- ☐ 1.5 teaspoons chives fresh chopped
- ☐ 0.3 cup nonfat mayonnaise
- ☐ 0.3 cup nonfat cream sour
- ☐ 0.3 teaspoon pepper
- ☐ 4.2 ounce phyllo shells frozen miniature thawed
- ☐ 2 slices at least of turkey bacon crumbled cooked

Equipment

Directions

☐ Combine first 6 ingredients, stirring well. Cover and chill. To serve, spoon crabmeat mixture into phyllo shells.

Nutrition Facts



Properties

Glycemic Index:3.08, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.7304347862854%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 32.14kcal (1.61%), Fat: 1.09g (1.68%), Saturated Fat: 0.12g (0.72%), Carbohydrates: 3.41g (1.14%), Net Carbohydrates: 3.36g (1.22%), Sugar: 0.25g (0.28%), Cholesterol: 5.32mg (1.77%), Sodium: 132.79mg (5.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Vitamin B12: 0.83µg (13.79%), Selenium: 3.72µg (5.32%), Copper: 0.09mg (4.33%), Zinc: 0.59mg (3.91%), Phosphorus: 27.39mg (2.74%), Magnesium: 5.11mg (1.28%), Folate: 4.41µg (1.1%)