



Crabmeat Roll-Ups

READY IN



490 min.

SERVINGS



8

CALORIES



247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 4 8-inch flour tortillas ()
- ☐ 0.3 cup green onion chopped
- ☐ 0.3 cup cocktail sauce
- ☐ 0.5 cup additional cocktail sauce for dipping
- ☐ 8 ounce imitation crabmeat chopped
- ☐ 0.3 cup swiss cheese shredded

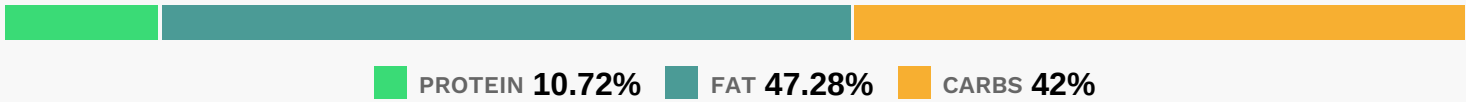
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ In a medium bowl, mix together the cream cheese and cocktail sauce until well blended. Stir in crabmeat, Swiss cheese, and green onion.
- ☐ Spread about 1/2 cup of the mixture onto each tortilla, and roll up tightly. Wrap each tortilla in plastic wrap, and refrigerate overnight.
- ☐ Slice rolls into 1/2 inch circles, and arrange on a serving tray with a bowl of cocktail sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:4.46, Inflammation Score:-4, Nutrition Score:5.1152174395064%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 246.64kcal (12.33%), Fat: 12.86g (19.79%), Saturated Fat: 7.09g (44.29%), Carbohydrates: 25.71g (8.57%), Net Carbohydrates: 24.42g (8.88%), Sugar: 8.14g (9.05%), Cholesterol: 34.89mg (11.63%), Sodium: 708.93mg (30.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.12%), Selenium: 9.16µg (13.08%), Phosphorus: 103.39mg (10.34%), Calcium: 97.02mg (9.7%), Vitamin B1: 0.14mg (9.13%), Vitamin B2: 0.15mg (8.81%), Vitamin A: 439.9IU (8.8%), Vitamin K: 8.95µg (8.52%), Folate: 28.83µg (7.21%), Manganese: 0.13mg (6.71%), Vitamin B3: 1.17mg (5.86%), Iron: 1.01mg (5.6%), Fiber: 1.29g (5.14%), Zinc: 0.44mg (2.91%), Vitamin B12: 0.16µg (2.74%), Magnesium: 9.9mg (2.48%), Potassium: 80.32mg (2.29%), Vitamin B5: 0.22mg (2.2%), Vitamin E: 0.28mg (1.87%), Copper: 0.04mg (1.79%), Vitamin B6: 0.04mg (1.76%)