

Crabmeat Rollups

READY IN



335 min.

SERVINGS



25

CALORIES



298 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound butter softened
- 12 ounce crab meat drained canned
- 0.5 pound processed cheese shredded
- 2 cups sesame seed
- 20 slices sandwich bread white

Equipment

- baking sheet
- sauce pan

- double boiler
- baking pan
- aluminum foil
- rolling pin

Directions

- Melt cheese and 8 ounces butter or margarine in a double boiler. Cool and stir in crabmeat. Stir until spreadable. (Butter and cheese will separate, but will blend after stirring).
- Cut crusts off of the bread slices and roll each piece of bread flat with rolling pin.
- Spread crab mixture onto each flattened bread slice.
- Roll the bread up around the crab spread.
- In a medium size sauce pan, melt the remaining 8 ounces butter or margarine. Dip rolls in it and then roll in sesame seeds.
- Place seam sides down in a shallow baking dish or cookie sheet and freeze. After rolls are frozen, cover with foil.
- When ready to serve, partially thaw the roll ups, and cut each roll into fourths. Broil the roll ups until browned, about 3 to 5 minutes.

Nutrition Facts

PROTEIN 10.84% **FAT 72.08%** **CARBS 17.08%**

Properties

Glycemic Index:7.47, Glycemic Load:7.6, Inflammation Score:-5, Nutrition Score:11.037391245365%

Nutrients (% of daily need)

Calories: 297.8kcal (14.89%), Fat: 24.38g (37.5%), Saturated Fat: 11.99g (74.94%), Carbohydrates: 13g (4.33%), Net Carbohydrates: 11.12g (4.05%), Sugar: 1.32g (1.47%), Cholesterol: 61.28mg (20.43%), Sodium: 441.59mg (19.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.5%), Copper: 0.63mg (31.48%), Calcium: 270.74mg (27.07%), Selenium: 16.62µg (23.74%), Manganese: 0.43mg (21.37%), Phosphorus: 192.43mg (19.24%), Iron: 2.55mg (14.15%), Magnesium: 55.14mg (13.79%), Vitamin B1: 0.2mg (13.45%), Zinc: 1.87mg (12.44%), Vitamin A: 540.69IU (10.81%), Folate: 42.05µg (10.51%), Vitamin B12: 0.62µg (10.33%), Vitamin B3: 1.88mg (9.41%), Fiber: 1.88g (7.5%), Vitamin B6: 0.14mg (6.99%), Vitamin B2: 0.12mg (6.92%), Vitamin E: 0.82mg (5.45%), Potassium: 131.13mg (3.75%), Vitamin B5: 0.31mg (3.05%), Vitamin K: 1.59µg (1.51%)