

Festive Crab Cakes

READY IN



25 min.

SERVINGS



15

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup crab meat flaked drained
- 0.3 cup cream cheese softened
- 2 tablespoons spring onion chopped
- 1.9 ounces phyllo tart shells frozen miniature
- 0.3 cup roasted cranberry sauce

Equipment

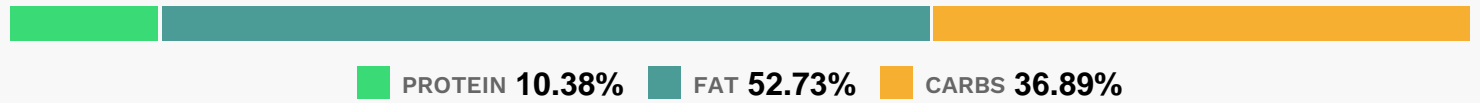
- bowl
- baking sheet

oven

Directions

- In a small bowl, combine the cream cheese, crab and onions until blended.
- Place the tart shells on an ungreased baking sheet.
- Fill each shell with 1 tablespoon crab mixture. Top each with 1 teaspoon cranberry sauce.
- Bake at 375° for 12–15 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:3.93, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.00000000006479%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 47.25kcal (2.36%), Fat: 2.79g (4.29%), Saturated Fat: 1.45g (9.06%), Carbohydrates: 4.39g (1.46%), Net Carbohydrates: 4.13g (1.5%), Sugar: 2.36g (2.62%), Cholesterol: 7.13mg (2.38%), Sodium: 49.96mg (2.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.47%), Vitamin B12: 0.26µg (4.38%), Iron: 0.4mg (2.2%), Selenium: 1.48µg (2.12%), Vitamin K: 1.85µg (1.76%), Vitamin A: 79.01IU (1.58%), Copper: 0.03mg (1.45%), Zinc: 0.2mg (1.31%), Phosphorus: 12.07mg (1.21%), Fiber: 0.26g (1.04%)