



Hot Crab Bites

READY IN



12 min.

SERVINGS



12

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz crab meat flaked drained canned
- 0.5 cup milk cheddar cheese shredded 2% kraft
- 0.5 cup knudsen milkfat cottage cheese 2% low fat
- 2 green onions divided sliced
- 2 tsp horseradish prepared kraft
- 0.5 cup mayo reduced fat mayonnaise light kraft
- 2 Tbsp roasted peppers red chopped
- 48 woven wheat crackers

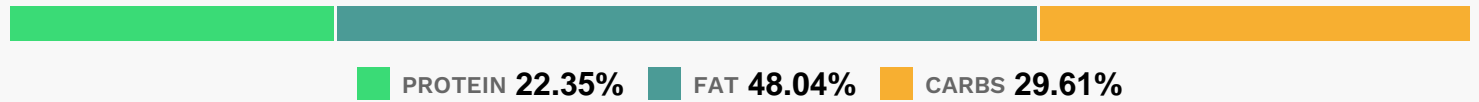
Equipment

broiler

Directions

- Heat broiler.
- Reserve half the onions.
- Mix remaining onions with all remaining ingredients except crackers; spread onto crackers.
- Sprinkle with reserved onions.
- Broil, 4 inches from heat, 1 to 2 min. or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:3.7026086760604%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 97.13kcal (4.86%), Fat: 5.17g (7.95%), Saturated Fat: 1.57g (9.84%), Carbohydrates: 7.17g (2.39%), Net Carbohydrates: 6.55g (2.38%), Sugar: 1.73g (1.93%), Cholesterol: 20.33mg (6.78%), Sodium: 322.12mg (14.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.83%), Selenium: 8.55µg (12.21%), Vitamin B12: 0.58µg (9.69%), Vitamin K: 9.33µg (8.88%), Phosphorus: 70.24mg (7.02%), Copper: 0.13mg (6.33%), Calcium: 60.21mg (6.02%), Zinc: 0.77mg (5.16%), Vitamin E: 0.51mg (3.42%), Vitamin B2: 0.05mg (3.06%), Folate: 11.87µg (2.97%), Vitamin C: 2.2mg (2.66%), Fiber: 0.62g (2.48%), Vitamin B3: 0.43mg (2.16%), Magnesium: 7.93mg (1.98%), Iron: 0.34mg (1.91%), Vitamin B6: 0.04mg (1.91%), Vitamin B5: 0.19mg (1.9%), Vitamin A: 90.62IU (1.81%), Potassium: 62.5mg (1.79%)