



Hot Crabmeat Puffs

READY IN



90 min.

SERVINGS



30

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter ()
- 8 oz philadelphia cream cheese softened
- 2 eggs
- 0.5 cup flour
- 0.5 tsp horseradish prepared kraft
- 8 oz imitation crabmeat flaked drained
- 1 Tbsp milk
- 2 Tbsp onion finely chopped
- 0.1 tsp pepper

- 0.3 tsp salt
- 0.3 cup planters slivered almonds toasted
- 0.5 cup water

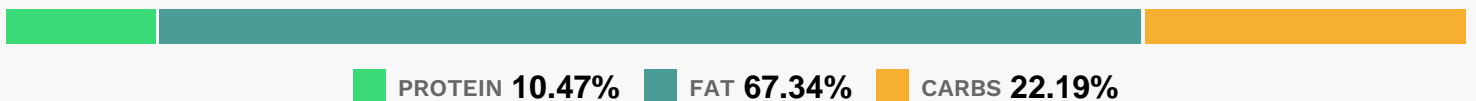
Equipment

- bowl
- baking sheet
- sauce pan
- oven
- wooden spoon

Directions

- Preheat oven to 400F.
- Place water and butter in medium saucepan. Bring to boil.
- Add flour; mix well. Reduce heat to low. Cook until mixture forms a ball, stirring constantly.
- Remove from heat.
- Add eggs, 1 at a time, beating with wooden spoon after each addition until well blended. Drop rounded teaspoonfuls of dough onto lightly greased baking sheets.
- Bake 30 to 35 minutes or until golden brown. Immediately remove from baking sheets to wire racks. Reduce oven temperature to 375F.
- Mix cream cheese, milk, horseradish, salt and pepper in medium bowl until well blended.
- Add imitation crabmeat, almonds and onion; mix lightly.
- Cut tops from cream puffs; fill with the crabmeat mixture. Replace tops. Return to baking sheets.
- Bake an additional 10 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:1.3, Inflammation Score:-1, Nutrition Score:1.4339130352373%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 66.9kcal (3.34%), Fat: 5.04g (7.75%), Saturated Fat: 1.99g (12.46%), Carbohydrates: 3.74g (1.25%), Net Carbohydrates: 3.43g (1.25%), Sugar: 0.66g (0.73%), Cholesterol: 19.44mg (6.48%), Sodium: 108.43mg (4.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.53%), Vitamin A: 185.92IU (3.72%), Selenium: 2.32µg (3.32%), Vitamin B2: 0.06mg (3.32%), Vitamin E: 0.46mg (3.09%), Phosphorus: 23.09mg (2.31%), Manganese: 0.05mg (2.27%), Folate: 6.59µg (1.65%), Vitamin B1: 0.02mg (1.5%), Calcium: 14.07mg (1.41%), Magnesium: 4.99mg (1.25%), Fiber: 0.31g (1.22%), Iron: 0.2mg (1.13%), Vitamin B5: 0.11mg (1.07%)