

King Crab Appetizers

READY IN



30 min.

SERVINGS



12

CALORIES



324 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 24 ounce biscuits refrigerated
- 6 ounce crabmeat drained canned
- 8 ounce cream cheese softened
- 2 tablespoons spring onion thinly sliced
- 2 tablespoons mayonnaise
- 1 pinch paprika
- 2 tablespoons parmesan cheese grated
- 0.5 cup cheddar cheese shredded
- 1 teaspoon worcestershire sauce

Equipment

bowl

oven

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease 12 tartlet pans.

Divide rolls in half and press into the prepared tartlet pans. Set aside.

In a large bowl, combine cream cheese, crab, mayonnaise, Parmesan cheese, Cheddar cheese, green onions and Worcestershire sauce. Spoon 1 teaspoon of mixture into tarts and garnish with paprika.

Bake at 375 degrees F (190 degrees C) for 15 to 20 minutes, or until light brown. These freeze wonderfully. Just reheat before serving.

Nutrition Facts



PROTEIN 10.55% **FAT 53.94%** **CARBS 35.51%**

Properties

Glycemic Index:18, Glycemic Load:17.73, Inflammation Score:-4, Nutrition Score:9.6813042941301%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 324.18kcal (16.21%), Fat: 19.54g (30.07%), Saturated Fat: 6.56g (41.03%), Carbohydrates: 28.95g (9.65%), Net Carbohydrates: 28.18g (10.25%), Sugar: 2.79g (3.1%), Cholesterol: 39.82mg (13.27%), Sodium: 740.11mg (32.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.6g (17.2%), Phosphorus: 325.23mg (32.52%), Selenium: 20.05µg (28.65%), Vitamin B1: 0.25mg (16.83%), Vitamin B2: 0.25mg (14.58%), Folate: 50.46µg (12.61%), Manganese: 0.24mg (11.9%), Vitamin B3: 2.32mg (11.6%), Iron: 2.02mg (11.23%), Vitamin B12: 0.66µg (10.95%), Calcium: 101.13mg (10.11%), Vitamin E: 1.3mg (8.64%), Copper: 0.17mg (8.5%), Vitamin K: 8.78µg (8.36%), Zinc: 1.12mg (7.5%), Vitamin A: 325.61IU (6.51%), Potassium: 201.24mg (5.75%), Magnesium: 18.31mg (4.58%), Vitamin B5: 0.45mg (4.46%), Vitamin B6: 0.06mg (3.21%), Fiber: 0.77g (3.06%)