



Mini Crab Cake Bites

 Gluten Free

READY IN



40 min.

SERVINGS



24

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz crabmeat flaked drained well canned
- 3 oz cheddar cheese shredded
- 0.5 cup spring onion finely chopped
- 0.5 cup and orange peppers red yellow finely chopped
- 0.5 cup celery finely chopped
- 0.5 cup milk
- 2 tablespoons parsley fresh chopped
- 1 teaspoon seafood seasoning

- 2 eggs
- 0.8 cup frangelico

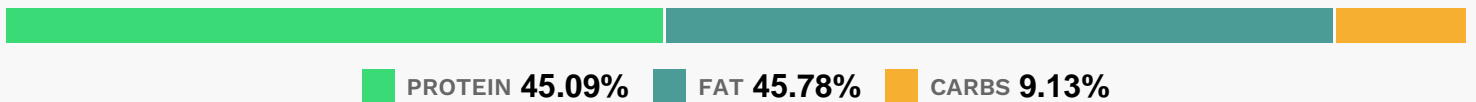
Equipment

- bowl
- frying pan
- oven
- knife
- toothpicks
- muffin liners

Directions

- Heat oven to 375°F. Lightly spray 24 mini muffin cups with cooking spray.
- In large bowl, stir together all ingredients. Scoop mixture evenly into muffin cups.
- Bake 20 to 25 minutes or until golden brown or toothpick inserted in the center comes out clean. Cool 5 minutes in pan, then run sharp knife carefully around each bite to remove from pan. Cool another 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:8.04, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:3.9960869395215%

Flavonoids

Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 36.66kcal (1.83%), Fat: 1.85g (2.84%), Saturated Fat: 0.92g (5.78%), Carbohydrates: 0.83g (0.28%), Net Carbohydrates: 0.66g (0.24%), Sugar: 0.48g (0.54%), Cholesterol: 31.54mg (10.51%), Sodium: 112.47mg (4.89%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.19%), Selenium: 8.34µg (11.91%), Vitamin K: 11.37µg (10.83%), Vitamin B12: 0.57µg (9.49%), Vitamin C: 5.35mg (6.49%), Phosphorus: 64.21mg (6.42%), Copper: 0.12mg (6.17%), Zinc: 0.76mg (5.09%), Calcium: 50.11mg (5.01%), Vitamin A: 221.51IU (4.43%), Folate: 13.84µg (3.46%), Vitamin B2: 0.06mg (3.45%), Vitamin E: 0.4mg (2.65%), Vitamin B5: 0.25mg (2.49%), Vitamin B6: 0.05mg (2.36%), Vitamin B3: 0.45mg (2.27%), Magnesium: 8.48mg (2.12%), Potassium: 72.31mg (2.07%), Manganese: 0.03mg (1.36%), Iron: 0.24mg (1.33%)