



Seafood Salad Pastries

 Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup carrots shredded
- 1 egg white lightly beaten
- 0.5 cup pasilla peppers green finely chopped
- 12 oz imitation crabmeat flaked
- 0.5 cup real mayo mayonnaise kraft
- 2 Tbsp poppy seed
- 17 oz puff pastry frozen thawed (2 sheets)
- 0.3 cup grey poupon spicy brown mustard hearty

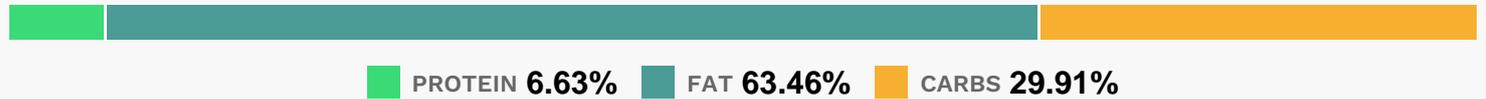
Equipment

- baking sheet
- oven

Directions

- Heat oven to 350F.
- Combine crabmeat, vegetables, mayo and mustard. Refrigerate until ready to use.
- Unfold pastry sheets onto baking sheets; brush with egg white.
- Sprinkle with poppy seed.
- Cut each sheet into 18 (3x1-1/2-inch) rectangles. Do not separate rectangles.
- Bake 25 min.
- Transfer pastry to wire racks; cool completely. Separate pastry into rectangles. Split each rectangle horizontally in half. Spoon 1 Tbsp. crabmeat mixture onto bottom half of each split rectangle; cover with top of rectangle.

Nutrition Facts



Properties

Glycemic Index:9.99, Glycemic Load:5.99, Inflammation Score:-4, Nutrition Score:4.0126087267114%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 196.61kcal (9.83%), Fat: 13.85g (21.31%), Saturated Fat: 3.03g (18.93%), Carbohydrates: 14.69g (4.9%), Net Carbohydrates: 13.72g (4.99%), Sugar: 1.04g (1.16%), Cholesterol: 4.22mg (1.41%), Sodium: 229.7mg (9.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.51%), Vitamin K: 13.61µg (12.96%), Selenium: 7.44µg (10.63%), Manganese: 0.2mg (9.89%), Vitamin B1: 0.11mg (7.56%), Vitamin A: 376.27IU (7.53%), Vitamin B3: 1.07mg (5.35%), Folate: 20.85µg (5.21%), Vitamin B2: 0.08mg (4.77%), Iron: 0.78mg (4.36%), Fiber: 0.98g (3.91%), Vitamin C: 3.14mg (3.81%), Phosphorus: 28.37mg (2.84%), Vitamin E: 0.37mg (2.45%), Copper: 0.05mg (2.45%), Magnesium:

9.25mg (2.31%), Calcium: 18.65mg (1.87%), Zinc: 0.24mg (1.57%), Potassium: 42.61mg (1.22%), Vitamin B6: 0.02mg (1.06%)