

# Mini Crab Salad Tarts

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## Yield: 15 minitarts

1 box (15 each) frozen phyllo mini-tarts

4 ounces lump crabmeat

1/4 cup red bell pepper, finely diced

2 to 3 tablespoons sweet chili sauce

1 scallion, finely chopped

2 tablespoons cilantro, chopped

hot sauce

salt

sliced cucumber (for garnish)

Preheat the oven to 375 degrees.

Place the frozen mini-tarts on a parchment-lined baking sheet.

Bake the tarts until browned and crisp (about 5 minutes). Remove to a platter to cool.

In a bowl, mix the crabmeat, bell pepper, chili sauce, scallion and cilantro.

Season with the hot sauce and salt.

Divide the mixture among the prebaked shells.

Top with sliced cucumber.

Keep refrigerated until served.

Start to Finish Time: 20 minutes

*You may buy boxes of 15 frozen mini-tarts in your grocers frozen dessert section.*

Per Serving (excluding unknown items): 124 Calories; 1g Fat (10.8% calories from fat); 22g Protein; 5g Carbohydrate; 1g Dietary Fiber; 88mg Cholesterol; 343mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable.

## Appetizers

### Per Serving Nutritional Analysis

Calories (kcal):	124	Vitamin B6 (mg):	.3mg
% Calories from Fat:	10.8%	Vitamin B12 (mcg):	10.2mcg
% Calories from Carbohydrates:	17.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	71.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	68mcg
Saturated Fat (g):	trace	Niacin (mg):	4mg

**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 88mg  
**Carbohydrate (g):** 5g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 22g  
**Sodium (mg):** 343mg  
**Potassium (mg):** 642mg  
**Calcium (mg):** 160mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 4mg  
**Vitamin C (mg):** 97mg  
**Vitamin A (i.u.):** 2880IU  
**Vitamin A (r.e.):** 290RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 3  
**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 124 Calories from Fat: 13

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### % Daily Values\*

<b>Total Fat</b>	1g	2%
Saturated Fat	trace	1%
<b>Cholesterol</b>	88mg	29%
<b>Sodium</b>	343mg	14%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	1g	6%
<b>Protein</b>	22g	
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<b>Vitamin A</b>		58%
<b>Vitamin C</b>		162%
<b>Calcium</b>		16%
<b>Iron</b>		15%

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*\* Percent Daily Values are based on a 2000 calorie diet.*