

# Crab Rangoon Cheese Ball

Bridget Mooney - Chicago, IL  
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## Servings: 16

1 package (8 ounce) reduced-fat cream cheese  
1 cup (4 ounce) reduced-fat cheddar cheese, shredded  
1 clove garlic, minced  
1 teaspoon Worcestershire sauce  
1 can (6 ounces) lump crabmeat (drained) OR 6 ounces imitation crabmeat (chopped)  
3 tablespoons fresh chives, minced  
24 wonton wrappers  
cooking spray  
1 teaspoon sesame seeds  
1/2 teaspoon salt  
1/4 teaspoon pepper

## Preparation Time: 20 minutes

### Bake: 10 minutes

In a large bowl, beat the cream cheese, cheddar cheese, garlic and Worcestershire sauce until blended. Stir in the crab.

Shape the mixture into a ball; coat with chives. Wrap in plastic wrap and refrigerate for at least one hour.

Preheat the oven to 350 degrees.

Cut the wonton wrappers in half and arrange in a single layer on ungreased baking sheets. Spritz with cooking spray. Sprinkle with sesame seeds, salt and pepper.

Bake for 5 to 7 minutes or until golden brown. Cool on wire racks.

Serve the cheese ball with the wonton chips.

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Per Serving (excluding unknown items): 6 Calories; trace Fat (60.9% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 80mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	6	Vitamin B6 (mg):	trace
% Calories from Fat:	60.9%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	21.9%	Thiamin B1 (mg):	trace

**% Calories from Protein:** 17.1%  
**Total Fat (g):** trace  
**Saturated Fat (g):** trace  
**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 1mg  
**Carbohydrate (g):** trace  
**Dietary Fiber (g):** trace  
**Protein (g):** trace  
**Sodium (mg):** 80mg  
**Potassium (mg):** 8mg  
**Calcium (mg):** 6mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 38IU  
**Vitamin A (r.e.):** 6 1/2RE

**Riboflavin B2 (mg):** trace  
**Folacin (mcg):** 1mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n.n%

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### Food Exchanges

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

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## Nutrition Facts

Servings per Recipe: 16

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### Amount Per Serving

**Calories** 6 **Calories from Fat:** 4

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#### % Daily Values\*

<b>Total Fat</b>	trace	1%
	Saturated Fat trace	1%
<b>Cholesterol</b>	1mg	0%
<b>Sodium</b>	80mg	3%
<b>Total Carbohydrates</b>	trace	0%
	Dietary Fiber trace	0%
<b>Protein</b>	trace	

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<b>Vitamin A</b>		1%
<b>Vitamin C</b>		2%
<b>Calcium</b>		1%
<b>Iron</b>		1%

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