

# Crab Tartlets

*Most Loved Appetizers*  
*Company's Coming Publishing Limited*

## **Yield: 60 tarts**

*2 large eggs*  
*2 tablespoons all-purpose flour*  
*1/2 cup salad dressing (or*  
*mayonnaise)*  
*1/2 cup milk*  
*3 green onions, finely chopped*  
*1 can (4-1/4 ounce) crabmeat,*  
*drained, cartilage removed and flaked*  
*2 cups Swiss cheese, grated*  
*60 frozen mini-tart shells, thawed*

## **Bake: 40 minutes**

Preheat the oven to 350 degrees.

In a medium bowl, beat the eggs until frothy. Add the flour, salad dressing and milk. Stir well. Add the green onions, crab and cheese. Stir to combine well.

Place the tart shells on an ungreased baking sheet. Divide the cheese mixture evenly among the tart shells.

Bake on the lowest rack for about 40 minutes until set.

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Per Serving (excluding unknown items): 1264 Calories; 78g Fat (56.1% calories from fat); 108g Protein; 29g Carbohydrate; 2g Dietary Fiber; 754mg Cholesterol; 1193mg Sodium. Exchanges: 1 Grain(Starch); 13 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 8 1/2 Fat.

Appetizers

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	1264	<b>Vitamin B6 (mg):</b>	.6mg
<b>% Calories from Fat:</b>	56.1%	<b>Vitamin B12 (mcg):</b>	17.7mcg
<b>% Calories from Carbohydrates:</b>	9.4%	<b>Thiamin B1 (mg):</b>	.4mg
<b>% Calories from Protein:</b>	34.5%	<b>Riboflavin B2 (mg):</b>	1.7mg
<b>Total Fat (g):</b>	78g	<b>Folacin (mcg):</b>	181mcg
<b>Saturated Fat (g):</b>	46g	<b>Niacin (mg):</b>	5mg
<b>Monounsaturated Fat (g):</b>	22g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	4g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	754mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	29g		

## **Food Exchanges**

**Dietary Fiber (g):** 2g  
**Protein (g):** 108g  
**Sodium (mg):** 1193mg  
**Potassium (mg):** 1155mg  
**Calcium (mg):** 2532mg  
**Iron (mg):** 5mg  
**Zinc (mg):** 15mg  
**Vitamin C (mg):** 14mg  
**Vitamin A (i.u.):** 2738IU  
**Vitamin A (r.e.):** 782 1/2RE

**Grain (Starch):** 1  
**Lean Meat:** 13  
**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 8 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 1264                      **Calories from Fat:** 709

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### % Daily Values\*

<b>Total Fat</b> 78g	120%
Saturated Fat 46g	231%
<b>Cholesterol</b> 754mg	251%
<b>Sodium</b> 1193mg	50%
<b>Total Carbohydrates</b> 29g	10%
Dietary Fiber 2g	6%
<b>Protein</b> 108g	
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<b>Vitamin A</b>	55%
<b>Vitamin C</b>	23%
<b>Calcium</b>	253%
<b>Iron</b>	26%

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