

Fancy Crab-Filled Crown Tartlets

www.CampbellsKitchen.com

Servings: 36

*1 can (6 ounces) lump crabmeat,
drained*

*1 package (5.2 ounce) garlic & herb
spreadable cheese, softened*

*1/4 cup jarred sun-dried tomatoes,
drained and diced*

*1 package (17.3 ounce) puff pastry
sheets, thawed*

baby arugula leaves

Preparation Time: 20 minutes

Bake: 15 minutes

Preheat the oven to 400 degrees.

In a medium bowl, stir the crabmeat, cheese and tomatoes. Cover and refrigerate until ready to fill the pastries.

On a lightly floured surface, unfold one pastry sheet. Roll the pastry sheet into a ten-inch square. Trim to make a nine-inch square. Cut the pastry into nine three-inch squares. Cut each pastry square in half diagonally to make two triangles. Repeat with the remaining pastry sheet, making thirty-six triangles in all.

Fold the two bottom corners of each pastry triangle to the center and press to seal. Press the pastries into thirty-six 1-1/2-inch mini muffin pan cups, with the pointed end slightly higher on one side of the muffin pan cup.

Bake the pastries for 15 minutes or until the pastries are golden brown. Using the back of a spoon, press down the centers of the hot pastries to form an indentation. Let the pastries cool in the pans on wire racks for 10 minutes.

Arrange about three arugula leaves in each pastry. Spoon about one teaspoon of the crabmeat mixture into each pastry.

Serve immediately.

Start to Finish Time: 1 hour 25 minutes

Per Serving (excluding unknown items): 43 Calories; 3g Fat (59.7% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 32mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	43
% Calories from Fat:	59.7%
% Calories from Carbohydrates:	29.1%
% Calories from Protein:	11.2%
Total Fat (g):	3g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	4mg
Carbohydrate (g):	3g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	32mg
Potassium (mg):	17mg
Calcium (mg):	4mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	trace
Vitamin A (r.e.):	0RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	8mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 36

Amount Per Serving

Calories 43 **Calories from Fat:** 26

% Daily Values*

Total Fat 3g	4%
Saturated Fat 1g	4%
Cholesterol 4mg	1%
Sodium 32mg	1%
Total Carbohydrates 3g	1%
Dietary Fiber trace	0%
Protein 1g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	1%

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