Snack

Creamy Crab Pastry Bites

Crisp little pastry cases are filled with a creamy crab and Parmesan mixture, then baked until the tops turn golden. A scatter of chives and a pinch of paprika add colour and flavour to these warm party bites.



Low sugar

20 min	22	1 g	0.1 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 36 little pastry cases (mini croustades)
- [ ] 1 egg, beaten
- [ ] 4 tbsp half-fat crème fraiche
- [ ] 1 tbsp fresh chives, snipped
- [ ] pinch paprika
- [ ] 1 tbsp finely grated Parmesan cheese
- [ ] 225 g fresh white crab meat
- [ ] freshly ground black pepper

Method

- [ ] 1 Preheat the oven to 200C/gas 6.
- [ ] 2 Arrange the little pastry cases (mini croustades) on a baking sheet.
- [ ] 3 Whisk the beaten egg and half-fat crème fraiche together in a bowl.
- [ ] 4 Stir the snipped fresh chives, a pinch of paprika, the finely grated Parmesan cheese, the fresh white crab meat and some freshly ground black pepper into the egg mixture until well combined.
- [ ] 5 Spoon the crab filling into the pastry cases on the baking sheet.
- [ ] 6 Bake for about 15 minutes, until the filling is just set and turning golden.
- [ ] 7 Let the crab bites cool a little, then serve warm.

Nutrition Facts

Per serving

Calories	**22**
Total fat	1.2 g
Saturated fat	0.6 g
Sodium	Not listed
Total carbs	1 g
Fiber	0.1 g
Total sugars	0.1 g
Protein	1.9 g

diabic.com/recipes

Scan to open this recipe and its shopping list