Nibbles by the Numbers

These 11 appetizers topped our tests for taste.

**WHOLE FOODS MARKET SPINACH & CHEESE SPANAKOPITA**

$5 for a 12-oz. pkg.
Calories 63 | Fat 4 g
Sat. Fat <1 g
Sodium 107 mg

Tender, flaky, crispy phyllo with browned butter, fresh spinach, and feta flavors. Slightly heat.

**WHOLE FOODS MARKET VEGETABLE POTSTICKERS**

$3 for an 8-oz. pkg.
Calories 50 | Fat 1 g
Sat. Fat <1 g
Sodium 83 mg

Browned, crisp bottom with soft filling that tastes mostly of bok choy, cabbage, celery, and green onion.

**SAFFRON ROAD CRISPY SAMOSAS WITH VEGETABLES**

$9 for an 8.25-oz. pkg.
Calories 45 | Fat 2 g
Sat. Fat <1 g
Sodium 60 mg

Flaky, crispy phyllo with potato and spinach filling seasoned with onion and coriander. Mild flavor.

**SEAPAK BUTTERFLY SHRIMP**

$9 for a 20-oz. pkg.
Calories 31 | Fat 2 g
Sat. Fat <1 g
Sodium 46 mg

Whole shrimp with attached tail. Crunchy breading with browned flavor. Shrimp is slightly soft but has a clean taste.

**WHOLE FOODS MARKET ARTICHOKE, KALE & SWISS CHARD BITES**

$4.50 for a 5.4-oz. pkg.
Calories 27 | Fat 1.5 g
Sat. Fat <1 g
Sodium 60 mg

Artichoke, kale, and Parmesan cheese with mild onion and garlic flavors. Slightly bitter.

**THAI JOE’S (TRADER JOE’S) LEMONGRASS CHICKEN STIX**

$3.30 for an 8.8-oz. pkg.
Calories 50 | Fat 2 g
Sat. Fat <1 g
Sodium 100 mg

Crispy, tender exterior with moist, chewy filling with distinct lemongrass and mild chicken flavor.

**TYSON ANY’TIZERS POPCORN CHICKEN**

$7.50 for a 25.5-oz. pkg.
Calories 43 | Fat 2 g
Sat. Fat <1 g
Sodium 150 mg

Crispy, crunchy exterior with tender chicken. Somewhat salty. Garlic and black pepper add spicy heat.

**TRADER JOE’S SPINACH & KALE BITES**

$4 for a 7.5-oz. pkg.
Calories 35 | Fat 2 g
Sat. Fat 1 g
Sodium 98 mg

Browned exterior, fresh-tasting spinach with slight kale and mild cheese flavor. Onion, garlic, and black pepper flavors.

**WHOLE FOODS MARKET POTATO & PEA SAMOSAS**

$2.70 for a 7.5-oz. pkg.
Calories 75 | Fat 3 g
Sat. Fat <1 g
Sodium 160 mg

Browned, slightly tough pastry exterior. Indian spice flavors dominate; the potatoes and peas add little to overall flavor.

**PHILLIPS SEAFOOD RESTAURANTS CRAB CAKE MINIS**

$12.90 for an 18-oz. pkg.
Calories 37 | Fat 2.8 g
Sat. Fat <1 g
Sodium 45 mg

Browned exterior with fresh, sweet crabmeat, mild seasoning, and breadcrumbs. Sweet and slightly tangy.

**TRADER JOE’S CHICKEN GYOZA POTSTICKERS**

$3 for a 16-oz. pkg.
Calories 29 | Fat 1 g
Sat. Fat <1 g
Sodium 79 mg

Potsticker with slightly browned bottom and moist filling of chicken, cabbage, onion, garlic, and ginger.

**WHOLE FOODS MARKET SPINACH & CHEESE SPINACH & KALE BITES**

$4 for a 7.5-oz. pkg.
Calories 35 | Fat 2 g
Sat. Fat 1 g
Sodium 98 mg

Browned exterior, fresh-tasting spinach with slight kale and mild cheese flavor. Onion, garlic, and black pepper flavors.

**WHOLE FOODS MARKET PECAN CRACKERS**

$3 for a 6.5-oz. pkg.
Calories 45 | Fat 2 g
Sat. Fat <1 g
Sodium 60 mg

Browned, crispy exterior. Flavored with roasted pecans and orange zest. Slightly spicy.

**WHOLE FOODS MARKET ARTICHOKE & KALE BITES**

$4.50 for a 5.4-oz. pkg.
Calories 27 | Fat 1.5 g
Sat. Fat <1 g
Sodium 60 mg

Artichoke, kale, and Parmesan cheese with mild onion and garlic flavors. Slightly bitter.

**TRADER JOE’S SPINACH & KALE BITES**

$4 for a 7.5-oz. pkg.
Calories 35 | Fat 2 g
Sat. Fat 1 g
Sodium 98 mg

Browned exterior, fresh-tasting spinach with slight kale and mild cheese flavor. Onion, garlic, and black pepper flavors.

**WHOLE FOODS MARKET PECAN CRACKERS**

$3 for a 6.5-oz. pkg.
Calories 45 | Fat 2 g
Sat. Fat <1 g
Sodium 60 mg

Browned, crispy exterior. Flavored with roasted pecans and orange zest. Slightly spicy.

**OVERALL SCORE**

**HOW WE TEST:** CR shoppers were asked to look for party foods that appeared to be healthy (based on a quick review of the ingredients and/or Nutrition Facts labels) primarily at four major supermarkets that tend to carry a large selection of appetizers: Costco, Trader Joe’s, Walmart, and Whole Foods. Our trained taste panelists screened 72 products to find the best-tasting.

Then our nutrition experts selected the ones that met (or were just slightly above) our nutrition criteria for a healthy snack (≤200 calories, ≤5 grams fat, and ≤480 milligrams sodium per serving) and those products were tasted again. The serving sizes were variable—one to seven pieces.

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