



Artichoke and Crab Dip

READY IN



40 min.

SERVINGS



4

CALORIES



727 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup almonds sliced
- 14 ounce artichoke bottoms drained chopped canned
- 12 ounce crabmeat picked over drained canned
- 4 servings round buttery crackers for serving
- 0.8 teaspoon curry powder
- 1 teaspoon optional: dill
- 1 cup mayonnaise
- 1 cup cream sour

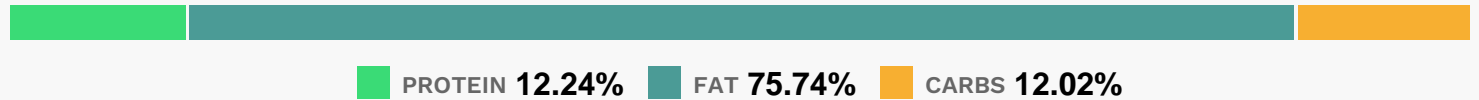
Equipment

- bowl
- oven

Directions

- Heat oven to 350°F and butter a 12-inch gratin dish or a low-sided casserole. Stir mayo, sour cream, curry powder, and dill together in a medium bowl.
- Add the crabmeat and artichokes and mix thoroughly.
- Scrape into the gratin dish and smooth the top. Strew with the almonds. You can prep this early in the day and keep the dip covered in the refrigerator.
- Bake the dip for about 20 minutes (longer if it's been refrigerated), until hot and bubbling around the edges.
- Serve it right away, with a stack of crackers and a spoon. Beverage pairing: Donabaum Grüner Veltliner "Johann," Austria. Grüner's grassiness always complements artichokes, while the minerality and pepper in this one will also beautifully complement the crab.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.23, Inflammation Score:-6, Nutrition Score:24.606087187062%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 727.28kcal (36.36%), Fat: 61.26g (94.25%), Saturated Fat: 13.7g (85.64%), Carbohydrates: 21.89g (7.3%), Net Carbohydrates: 18.99g (6.9%), Sugar: 5.37g (5.97%), Cholesterol: 139.94mg (46.65%), Sodium: 1283.39mg

(55.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.28g (44.55%), Vitamin K: 100.77µg (95.97%), Selenium: 41.02µg (58.59%), Vitamin B12: 3.02µg (50.33%), Iron: 7.65mg (42.49%), Vitamin E: 6.22mg (41.49%), Copper: 0.82mg (40.76%), Phosphorus: 336.36mg (33.64%), Zinc: 3.87mg (25.78%), Calcium: 190.03mg (19%), Vitamin B2: 0.32mg (18.66%), Manganese: 0.35mg (17.56%), Vitamin B3: 3.46mg (17.32%), Folate: 65.13µg (16.28%), Magnesium: 61.63mg (15.41%), Vitamin B5: 1.23mg (12.33%), Fiber: 2.9g (11.6%), Vitamin A: 550.86IU (11.02%), Potassium: 384.56mg (10.99%), Vitamin B6: 0.19mg (9.26%), Vitamin C: 6.96mg (8.44%), Vitamin B1: 0.12mg (8.27%)