



Artichoke and Crab Spread

 Gluten Free

READY IN



75 min.

SERVINGS



3

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces crab meat
- ☐ 16 ounce cream cheese softened
- ☐ 3 artichoke hearts frozen thawed cooked quartered
- ☐ 1 clove garlic
- ☐ 3 green onions
- ☐ 1 teaspoon juice of lemon

Equipment

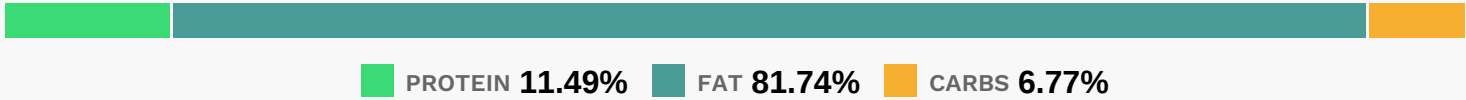
- ☐ food processor

☐ bowl

Directions

- ☐ Place artichoke hearts, crab, green onions, garlic, and lemon juice in a food processor and pulse until chopped fairly small.
- ☐ Add cream cheese and puree until smooth.
- ☐ Pour dip into a non-metallic bowl, and chill for 1 hour.
- ☐ Serve with crackers or vegetables.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:2.53, Inflammation Score:-8, Nutrition Score:15.35260892951%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 567.02kcal (28.35%), Fat: 52.27g (80.42%), Saturated Fat: 30.58g (191.14%), Carbohydrates: 9.75g (3.25%), Net Carbohydrates: 9.37g (3.41%), Sugar: 6.02g (6.69%), Cholesterol: 168.59mg (56.2%), Sodium: 793.34mg (34.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.53g (33.05%), Vitamin B12: 3.73µg (62.24%), Vitamin A: 2161.02IU (43.22%), Selenium: 26.98µg (38.54%), Vitamin K: 28.03µg (26.7%), Phosphorus: 251.25mg (25.12%), Vitamin B2: 0.38mg (22.14%), Zinc: 3.07mg (20.45%), Copper: 0.39mg (19.47%), Calcium: 174.79mg (17.48%), Vitamin B5: 1.01mg (10.13%), Folate: 39.54µg (9.89%), Vitamin E: 1.37mg (9.13%), Potassium: 318.02mg (9.09%), Magnesium: 35.15mg (8.79%), Vitamin B6: 0.16mg (8.13%), Vitamin C: 5.91mg (7.17%), Vitamin B1: 0.06mg (4.04%), Manganese: 0.07mg (3.42%), Iron: 0.59mg (3.28%), Vitamin B3: 0.63mg (3.17%), Fiber: 0.38g (1.51%)