



Artichoke-Crab Dip with Cumin-Dusted Pita Chips

READY IN



45 min.

SERVINGS



16

CALORIES



204 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 0.3 teaspoon pepper black
- ☐ 16 ounce carton cream sour reduced-fat
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons breadcrumbs dry
- ☐ 6 ounces lump crab meat
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon paprika

- ☐ 1.5 ounces parmesan cheese fresh divided grated
- ☐ 16 servings cumin-dusted pita chips
- ☐ 4 ounces spicy tofu soft finely chopped

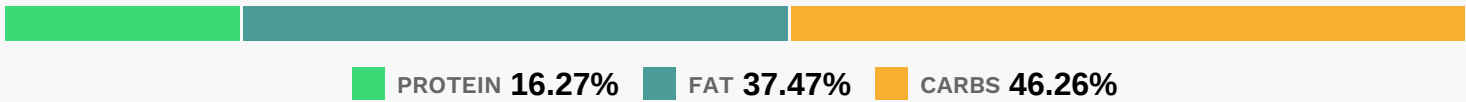
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine the tofu, 1/4 cup cheese, mustard, oregano, pepper, and sour cream in a large bowl. Gently fold in crabmeat and artichokes. Spoon crabmeat mixture into a 1-quart baking dish, and sprinkle with 2 tablespoons cheese, breadcrumbs, and paprika.
- ☐ Bake at 350 for 20 minutes or until browned.
- ☐ Serve with Cumin-Dusted Pita Chips.
- ☐ Totals include Cumin-Dusted Pita Chip.

Nutrition Facts



Properties

Glycemic Index:7.88, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:7.7826087513696%

Nutrients (% of daily need)

Calories: 203.64kcal (10.18%), Fat: 8.44g (12.98%), Saturated Fat: 2.75g (17.18%), Carbohydrates: 23.43g (7.81%), Net Carbohydrates: 21.75g (7.91%), Sugar: 1.73g (1.92%), Cholesterol: 16.19mg (5.4%), Sodium: 505.52mg (21.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.49%), Selenium: 15.26µg (21.8%), Vitamin B12: 1.11µg (18.54%), Vitamin E: 2.08mg (13.85%), Vitamin B1: 0.19mg (12.54%), Folate: 47.52µg (11.88%), Vitamin B3: 2.22mg (11.08%), Manganese: 0.21mg (10.73%), Phosphorus: 100.08mg (10.01%), Calcium: 95.11mg (9.51%), Iron: 1.61mg (8.96%), Vitamin B2: 0.14mg (8.27%), Zinc: 1.15mg (7.65%), Copper: 0.15mg (7.42%), Fiber: 1.68g (6.73%), Magnesium: 21.06mg (5.27%), Potassium: 127.63mg (3.65%), Vitamin A: 150.04IU (3%), Vitamin B6: 0.06mg (2.97%), Vitamin B5: 0.2mg (2.02%), Vitamin K: 1.5µg (1.43%), Vitamin C: 1.01mg (1.22%)