



Bacon-Crab Dip

READY IN



70 min.

SERVINGS



12

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz cream cheese softened
- 0.5 cup cream sour
- 2 teaspoons horseradish prepared
- 0.1 teaspoon pepper
- 1 cup imitation crab chopped
- 4 slices bacon crumbled cooked
- 2 tablespoons spring onion sliced
- 1 serving crackers whole wheat toasted cut into fourths or crackers, if desired
- 1 serving spring onion

Equipment

- bowl
- hand mixer

Directions

- In medium bowl using electric mixer, beat cream cheese and sour cream on medium speed until smooth and fluffy. By hand, stir in remaining ingredients except bagels and onion powder. Cover; refrigerate at least 1 hour to blend flavors.
- Place dip in serving bowl.
- Serve with bagels. Cover and refrigerate any remaining dip.

Nutrition Facts

PROTEIN 10.97% **FAT 69.7%** **CARBS 19.33%**

Properties

Glycemic Index:13.17, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:2.2734782491689%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 123.35kcal (6.17%), Fat: 9.64g (14.82%), Saturated Fat: 5.16g (32.22%), Carbohydrates: 6.01g (2%), Net Carbohydrates: 5.54g (2.01%), Sugar: 1.66g (1.85%), Cholesterol: 29.03mg (9.68%), Sodium: 211.59mg (9.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.82%), Vitamin A: 329.6IU (6.59%), Selenium: 3.6µg (5.14%), Phosphorus: 46.42mg (4.64%), Vitamin K: 4.33µg (4.12%), Vitamin B2: 0.07mg (3.98%), Calcium: 30.78mg (3.08%), Manganese: 0.06mg (3%), Vitamin B3: 0.43mg (2.13%), Vitamin B5: 0.19mg (1.91%), Fiber: 0.48g (1.91%), Zinc: 0.28mg (1.88%), Potassium: 64.75mg (1.85%), Vitamin B1: 0.03mg (1.76%), Vitamin B6: 0.03mg (1.73%), Vitamin E: 0.25mg (1.68%), Magnesium: 6.61mg (1.65%), Vitamin B12: 0.09µg (1.51%), Folate: 4.37µg (1.09%)