



Bacon-Crab Dip

READY IN



70 min.

SERVINGS



12

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

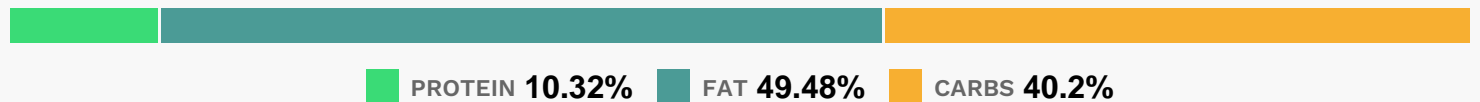
Equipment

- 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



Properties

Glycemic Index:13.17, Glycemic Load:0.41, Inflammation Score:-4, Nutrition Score:7.4291304845525%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 234.71kcal (11.74%), Fat: 13.27g (20.42%), Saturated Fat: 5.69g (35.54%), Carbohydrates: 24.27g (8.09%), Net Carbohydrates: 21g (7.64%), Sugar: 2.1g (2.33%), Cholesterol: 29.03mg (9.68%), Sodium: 393.16mg (17.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.46%), Manganese: 0.62mg (31.06%), Vitamin K: 22.69µg (21.61%), Phosphorus: 133.41mg (13.34%), Fiber: 3.26g (13.06%), Magnesium: 35.95mg (8.99%), Selenium: 6.23µg (8.89%), Vitamin B3: 1.64mg (8.21%), Vitamin A: 384.43IU (7.69%), Copper: 0.13mg (6.6%), Zinc: 0.98mg (6.52%), Iron: 1.1mg (6.1%), Vitamin B1: 0.08mg (5.07%), Potassium: 168.48mg (4.81%), Vitamin B2: 0.08mg (4.56%), Calcium: 43.98mg (4.4%), Vitamin E: 0.64mg (4.29%), Vitamin B6: 0.09mg (4.28%), Vitamin B5: 0.41mg (4.09%), Folate: 15.07µg (3.77%), Vitamin C: 1.61mg (1.95%), Vitamin B12: 0.09µg (1.51%)