



Baked Crab Dip

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



283 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 oz crab meat fresh drained well
- ☐ 4 oz whipped cream cheese
- ☐ 8 servings accompaniment: crostini
- ☐ 3 tbsp chives fresh snipped
- ☐ 0.5 cup flat-leaf parsley fresh finely chopped
- ☐ 0.5 tsp hot sauce such as tabasco
- ☐ 1.5 tbsp juice of lemon fresh
- ☐ 0.5 tsp lemon zest grated

- ☐ 0.5 cup mayonnaise reduced-fat
- ☐ 0.3 cup panko bread crumbs (Japanese bread crumbs)
- ☐ 0.5 cup pepper/capsicum diced red

Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Place the crabmeat in a medium bowl and flake with your fingers. Stir in the bell pepper/capsicum, parsley, and chives. Using a rubber spatula, gently stir in the mayonnaise, cream cheese, lemon juice, and hot sauce.
- ☐ Transfer to a 1-qt/1-L shallow baking dish. In a small bowl, combine the panko and lemon zest.
- ☐ Position a rack in the upper third of the oven and preheat the oven to 425°F/220°C/gas
- ☐ Just before baking, sprinkle the panko mixture on top and bake until the panko is toasty brown and the dip is bubbling at the edges, about 12 minutes.
- ☐ Serve hot.
- ☐ The dip, without the panko topping, can be prepared, covered, and refrigerated up to 1 day in advance.
- ☐ Remove from the refrigerator 30 minutes before baking. The topping can be prepared up to 8 hours ahead and sprinkled on just before baking.
- ☐ Serving size: 2 tbsp
- ☐ Calories 56; Fat 4.2 g (sat 1.3 g, mono 0.4 g, poly 0.1 g); Protein 3 g; Carb 2 g; Fiber 0 g; Chol 14 mg; Iron 0.2 mg; Sodium 121 mg; Calc 18 mg
- ☐ Skinny Dips
- ☐ From Skinny Dips by Diane Morgan. Text copyright © 2010 by Diane Morgan; photographs copyright © 2010 by Sheri Giblin. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:2.85, Inflammation Score:-6, Nutrition Score:20.869564963424%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 283.49kcal (14.17%), Fat: 16.53g (25.43%), Saturated Fat: 3.65g (22.82%), Carbohydrates: 29.44g (9.81%), Net Carbohydrates: 24.57g (8.93%), Sugar: 2.07g (2.3%), Cholesterol: 21.94mg (7.31%), Sodium: 469.01mg (20.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.13g (16.26%), Manganese: 2.11mg (105.41%), Vitamin K: 102.21µg (97.34%), Vitamin B12: 1.96µg (32.69%), Copper: 0.48mg (23.75%), Vitamin E: 3.5mg (23.33%), Fiber: 4.87g (19.47%), Potassium: 632.38mg (18.07%), Vitamin C: 14.65mg (17.76%), Vitamin B5: 1.58mg (15.83%), Magnesium: 58.54mg (14.63%), Selenium: 10.22µg (14.59%), Phosphorus: 133.68mg (13.37%), Iron: 2.29mg (12.73%), Zinc: 1.88mg (12.56%), Vitamin B6: 0.24mg (11.94%), Vitamin A: 558.47IU (11.17%), Calcium: 106.32mg (10.63%), Vitamin B3: 1.93mg (9.66%), Vitamin B1: 0.11mg (7.61%), Folate: 30.46µg (7.61%), Vitamin B2: 0.08mg (4.88%)