



## Best Hot Crab Dip

READY IN



40 min.

SERVINGS



8

CALORIES



620 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 16 ounce artichoke hearts drained chopped canned
- 1 cup buttermilk
- 0.5 cup capers drained
- 2 cups crab meat
- 8 ounce cream cheese softened
- 0.5 teaspoon dill dried to taste
- 2 tablespoons garlic minced
- 0.5 teaspoon pepper black to taste
- 1 cup mayonnaise

- 1 cup monterrey jack cheese shredded
- 0.5 teaspoon old bay seasoning to taste
- 0.3 cup parmesan cheese grated
- 1 cup cream sour
- 8 ounce sourdough bread
- 1 cup cheddar cheese white

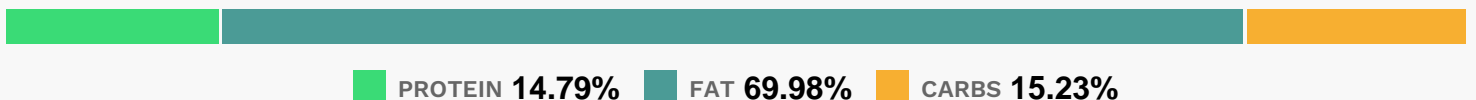
## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease an 8x8 inch square baking pan.
- In a large bowl, combine crabmeat, sour cream, cream cheese, buttermilk, mayonnaise, Monterey Jack cheese, Cheddar cheese, capers, artichoke hearts, garlic, black pepper and dill. Stir until well mixed. Spoon dip into prepared baking pan.
- Sprinkle with Parmesan cheese and Old Bay Seasoning TM.
- Bake in preheated oven until top is crusty, about 15 to 20 minutes.
- Cut the top off the loaf of bread. Hollow out the loaf and cube the top and the removed pieces so that they may be used for dipping. Spoon hot dip into hollow bread loaf.
- Serve immediately with bread pieces for dipping.

## Nutrition Facts



## Properties

Glycemic Index:38.06, Glycemic Load:12.62, Inflammation Score:-7, Nutrition Score:20.914347897405%

## Flavonoids

Kaempferol: 14.37mg, Kaempferol: 14.37mg, Kaempferol: 14.37mg, Kaempferol: 14.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 18.91mg, Quercetin: 18.91mg, Quercetin: 18.91mg, Quercetin: 18.91mg

## **Nutrients (% of daily need)**

Calories: 620.45kcal (31.02%), Fat: 48.28g (74.28%), Saturated Fat: 18.59g (116.2%), Carbohydrates: 23.64g (7.88%), Net Carbohydrates: 21.69g (7.89%), Sugar: 5.61g (6.23%), Cholesterol: 107.71mg (35.9%), Sodium: 1573.57mg (68.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.96g (45.91%), Vitamin B12: 4.38µg (73.06%), Selenium: 36.22µg (51.74%), Vitamin K: 51.64µg (49.18%), Calcium: 371.11mg (37.11%), Phosphorus: 357.44mg (35.74%), Zinc: 4.33mg (28.86%), Vitamin B2: 0.46mg (26.81%), Copper: 0.51mg (25.69%), Vitamin A: 937.72IU (18.75%), Vitamin B1: 0.26mg (17.48%), Folate: 68.99µg (17.25%), Magnesium: 51.96mg (12.99%), Manganese: 0.25mg (12.36%), Vitamin E: 1.61mg (10.74%), Iron: 1.92mg (10.65%), Vitamin B3: 2.02mg (10.12%), Vitamin B6: 0.19mg (9.39%), Potassium: 283.35mg (8.1%), Vitamin B5: 0.78mg (7.77%), Fiber: 1.94g (7.77%), Vitamin C: 4.34mg (5.26%), Vitamin D: 0.63µg (4.21%)