



Blue Crab Dip

READY IN



45 min.

SERVINGS



4

CALORIES



632 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 tablespoon sherry dry
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 cup spring onion thinly sliced
- ☐ 1 cup half and half
- ☐ 1 pound lump crab meat fresh blue
- ☐ 8 ounces swiss cheese shredded

☐ 4 servings buttered toast

Equipment

☐ frying pan

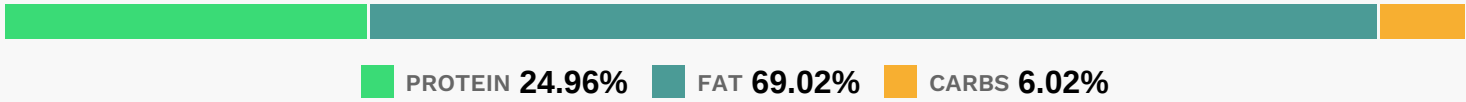
☐ oven

☐ baking pan

Directions

- ☐ Melt butter in a large skillet over medium-high heat; add green onions and garlic, and saut until tender. Stir in flour, and cook 1 minute. Gradually stir in half-and-half and next 3 ingredients.
- ☐ Gently fold in crabmeat without breaking up lumps.
- ☐ Pour into a lightly greased 8- x 8-inch baking dish.
- ☐ Bake at 350 for 40 minutes or until lightly browned and bubbly.
- ☐ Serve with crackers or toast points.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:2.84, Inflammation Score:-9, Nutrition Score:33.51173927473%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 632.26kcal (31.61%), Fat: 48.41g (74.48%), Saturated Fat: 29.29g (183.06%), Carbohydrates: 9.5g (3.17%), Net Carbohydrates: 8.46g (3.08%), Sugar: 3.26g (3.63%), Cholesterol: 182.55mg (60.85%), Sodium: 1286.77mg

(55.95%), Alcohol: 0.39g (100%), Alcohol %: 0.16% (100%), Protein: 39.39g (78.78%), Vitamin B12: 12.08µg (201.36%), Vitamin K: 178.39µg (169.89%), Selenium: 62.41µg (89.16%), Calcium: 660.13mg (66.01%), Phosphorus: 658.58mg (65.86%), Zinc: 9.71mg (64.74%), Copper: 1.12mg (55.94%), Vitamin A: 2302.2IU (46.04%), Vitamin C: 23.39mg (28.35%), Vitamin B2: 0.4mg (23.42%), Folate: 93.03µg (23.26%), Magnesium: 91.29mg (22.82%), Vitamin B6: 0.28mg (13.82%), Potassium: 479.8mg (13.71%), Iron: 1.84mg (10.24%), Vitamin B3: 1.86mg (9.29%), Vitamin B5: 0.92mg (9.2%), Vitamin E: 1.35mg (8.99%), Vitamin B1: 0.13mg (8.67%), Manganese: 0.14mg (7.09%), Fiber: 1.04g (4.16%)