



Buttery Crab and Artichoke Dip



Gluten Free

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READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 ounce water artichoke hearts packed canned
- ☐ 1 cup brie cheese
- ☐ 1 cup gruyère cheese shredded
- ☐ 12 ounce lump crab meat drained canned
- ☐ 0.5 cup parmesan cheese shredded
- ☐ 4.1 ounce roasted garlic & parmesan baby reds idahoan®
- ☐ 1 cup water boiling

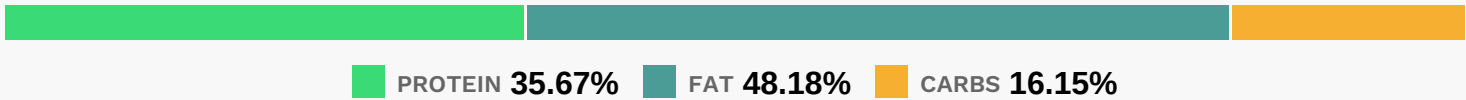
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ chopsticks

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Add all ingredients in a large mixing bowl and fold carefully. Use the water from the canned artichokes along with the boiling water.
- ☐ Place in a 9 x 12 baking dish that has been sprayed with olive oil.
- ☐ Bake until bubbling and golden brown.
- ☐ Serve with baguettes or crackers.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:1.43, Inflammation Score:-4, Nutrition Score:14.141739031543%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 234.67kcal (11.73%), Fat: 12.26g (18.86%), Saturated Fat: 7.33g (45.8%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 7.3g (2.66%), Sugar: 1.15g (1.28%), Cholesterol: 58.26mg (19.42%), Sodium: 1083.14mg (47.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.42g (40.83%), Vitamin B12: 4.46µg (74.39%), Selenium: 23.95µg (34.22%), Calcium: 320.52mg (32.05%), Phosphorus: 292.4mg (29.24%), Zinc: 3.95mg (26.3%), Copper: 0.45mg (22.55%), Vitamin B6: 0.31mg (15.27%), Manganese: 0.27mg (13.4%), Vitamin B2: 0.19mg (11.45%), Magnesium: 37.05mg (9.26%), Vitamin C: 7.51mg (9.1%), Folate: 32.93µg (8.23%), Fiber: 1.94g (7.77%), Vitamin A: 323.31IU (6.47%), Potassium: 191.49mg (5.47%), Vitamin B1: 0.07mg (4.82%), Vitamin B5: 0.48mg (4.81%), Iron: 0.67mg (3.71%), Vitamin B3: 0.67mg (3.36%), Vitamin D: 0.22µg (1.47%), Vitamin K: 1.21µg (1.15%)