



Cajun Hot Crab Dip

 Dairy Free

READY IN



65 min.

SERVINGS



12

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons cajun spice salt-free
- ☐ 3 tablespoons chives fresh minced
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons juice of lemon
- ☐ 1 pound lump crab meat divided
- ☐ 0.5 cup mayonnaise
- ☐ 3 tablespoons panko bread crumbs

- ☐ 1 tablespoon hot sauce hot (such as Tabasco)
- ☐ 0.3 cup bell pepper red minced
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots minced
- ☐ 0.3 cup water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 45
- ☐ Heat a small saucepan over medium heat. Coat pan with cooking spray.
- ☐ Add shallots and garlic to pan; cook for 2 minutes, stirring frequently.
- ☐ Place 1 cup crab in a food processor.
- ☐ Add the shallot mixture, 1/4 cup water, pepper sauce, and Cajun seasoning to crab; process until smooth. Spoon mixture into a large bowl, and stir in remaining crab, mayonnaise, and the next 5 ingredients (through black pepper).
- ☐ Transfer the mixture to a 1-quart glass or ceramic casserole dish coated lightly with cooking spray.
- ☐ Combine panko and chives in a small bowl; sprinkle over crab mixture. Coat panko mixture with cooking spray.
- ☐ Bake at 450 for 30 minutes or until browned and bubbly.
- ☐ Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:8.602173867109%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 109.41kcal (5.47%), Fat: 7.41g (11.4%), Saturated Fat: 1.17g (7.31%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 2.44g (0.89%), Sugar: 0.6g (0.66%), Cholesterol: 19.8mg (6.6%), Sodium: 471.55mg (20.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.03%), Vitamin B12: 3.42µg (57.03%), Selenium: 14.69µg (20.99%), Copper: 0.37mg (18.25%), Vitamin K: 17.51µg (16.67%), Zinc: 2.34mg (15.59%), Vitamin C: 9.05mg (10.97%), Phosphorus: 92.92mg (9.29%), Vitamin A: 311.38IU (6.23%), Folate: 23.3µg (5.82%), Magnesium: 21.71mg (5.43%), Vitamin B6: 0.09mg (4.47%), Vitamin B3: 0.66mg (3.31%), Manganese: 0.06mg (3.19%), Potassium: 111.52mg (3.19%), Vitamin B1: 0.05mg (3.15%), Vitamin E: 0.46mg (3.08%), Iron: 0.5mg (2.75%), Calcium: 26.05mg (2.6%), Vitamin B2: 0.04mg (2.21%), Vitamin B5: 0.19mg (1.94%), Fiber: 0.39g (1.57%)