



Cape Neddick Crab Dip

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 8 ounce cream cheese softened
- ☐ 1 tablespoon horseradish prepared
- ☐ 1 tablespoon catsup
- ☐ 8 ounces lump crab meat fresh drained
- ☐ 2 tablespoons mayonnaise
- ☐ 2 tablespoons onion finely chopped
- ☐ 0.3 teaspoon worcestershire sauce

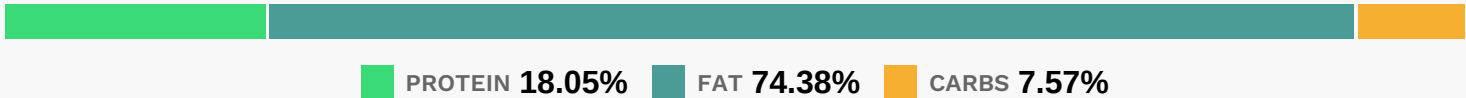
Equipment

☐ hand mixer

Directions

- ☐ Beat cream cheese at medium speed with an electric mixer until creamy. Stir in onion and next 4 ingredients; gently fold in crabmeat. Cover and chill 2 hours.
- ☐ Sprinkle with almonds before serving.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:7.4443479227307%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 167.42kcal (8.37%), Fat: 13.99g (21.53%), Saturated Fat: 6.27g (39.21%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.73g (0.99%), Sugar: 1.88g (2.09%), Cholesterol: 42.01mg (14%), Sodium: 375.69mg (16.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.28%), Vitamin B12: 2.62µg (43.63%), Selenium: 13.03µg (18.62%), Copper: 0.3mg (15.04%), Zinc: 1.95mg (12.98%), Phosphorus: 108.89mg (10.89%), Vitamin A: 399.7IU (7.99%), Vitamin E: 1.12mg (7.49%), Vitamin B2: 0.12mg (6.78%), Magnesium: 25.26mg (6.32%), Vitamin K: 6.39µg (6.09%), Calcium: 50.66mg (5.07%), Folate: 18.19µg (4.55%), Manganese: 0.09mg (4.32%), Potassium: 132.06mg (3.77%), Vitamin B6: 0.07mg (3.5%), Vitamin C: 2.74mg (3.32%), Vitamin B5: 0.29mg (2.86%), Vitamin B3: 0.48mg (2.4%), Iron: 0.34mg (1.9%), Fiber: 0.47g (1.88%), Vitamin B1: 0.03mg (1.77%)