



Cheesy Hot Crab and Red Pepper Spread

READY IN



30 min.

SERVINGS



30

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz crab meat drained canned
- 1 tsp garlic powder
- 1 tsp penzey's southwest seasoning dried italian
- 8 oz philadelphia neufchatel cheese softened
- 1 small onion finely chopped
- 1 bell pepper red chopped
- 1.5 cups milk mozzarella cheese shredded 2% divided kraft
- 30 servings wheat snack crackers thin

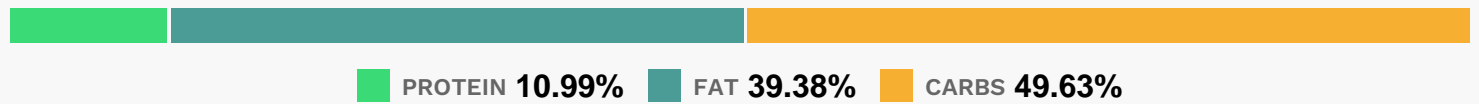
Equipment

oven

Directions

- Heat oven to 375F.
- Reserve 1/2 cup mozzarella; refrigerate until ready to use.
- Mix all remaining ingredients except crackers until well blended.
- Spread into 9-inch pie plate.
- Bake 20 min. or until crab mixture is heated through and top is lightly browned. Top with reserved mozzarella.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:4.1, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:2.8639130320238%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 181.36kcal (9.07%), Fat: 7.99g (12.3%), Saturated Fat: 2.71g (16.95%), Carbohydrates: 22.67g (7.56%), Net Carbohydrates: 20.53g (7.46%), Sugar: 4.51g (5.01%), Cholesterol: 15.52mg (5.17%), Sodium: 319.53mg (13.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.04%), Fiber: 2.14g (8.57%), Vitamin C: 5.44mg (6.59%), Calcium: 62.74mg (6.27%), Vitamin B12: 0.34µg (5.65%), Selenium: 3.65µg (5.22%), Iron: 0.84mg (4.66%), Phosphorus: 45.75mg (4.57%), Vitamin A: 226.81IU (4.54%), Zinc: 0.46mg (3.07%), Copper: 0.05mg (2.57%), Vitamin B2: 0.04mg (2.19%), Folate: 6.8µg (1.7%), Vitamin B6: 0.03mg (1.53%), Vitamin E: 0.22mg (1.47%), Potassium: 44.2mg (1.26%), Vitamin B5: 0.12mg (1.25%), Magnesium: 4.87mg (1.22%), Vitamin B3: 0.22mg (1.11%)