



## Cheesy Hot Crab and Red Pepper Spread

🤍 Popular

READY IN



30 min.

SERVINGS



24

CALORIES



192 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
- 24 servings wheat snack crackers thin

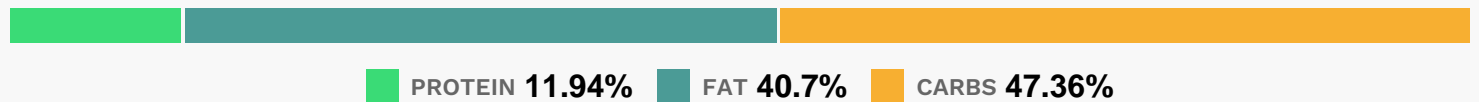
# Equipment

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:5.13, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:3.4300000149271%

# Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

# Nutrients (% of daily need)

Calories: 192.13kcal (9.61%), Fat: 8.75g (13.46%), Saturated Fat: 3.14g (19.63%), Carbohydrates: 22.91g (7.64%), Net Carbohydrates: 20.73g (7.54%), Sugar: 4.65g (5.17%), Cholesterol: 19.4mg (6.47%), Sodium: 342.69mg (14.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.56%), Fiber: 2.18g (8.72%), Vitamin C: 6.8mg (8.24%), Calcium: 73.77mg (7.38%), Vitamin B12: 0.42µg (7.07%), Selenium: 4.57µg (6.53%), Phosphorus: 57.19mg (5.72%), Vitamin A: 283.51IU (5.67%), Iron: 0.87mg (4.81%), Zinc: 0.58mg (3.83%), Copper: 0.06mg (3.21%), Vitamin B2: 0.05mg (2.74%), Folate: 8.5µg (2.13%), Vitamin B6: 0.04mg (1.92%), Vitamin E: 0.28mg (1.83%), Potassium: 55.25mg (1.58%), Vitamin B5: 0.16mg (1.56%), Magnesium: 6.09mg (1.52%), Vitamin B3: 0.28mg (1.39%), Manganese: 0.02mg (1.14%), Vitamin K: 1.06µg (1.01%)