



Cheesy-Spinach Crab Dip

 Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce carton cream fat-free sour
- ☐ 8 ounce cream cheese fat-free
- ☐ 0.5 cup milk fat-free
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 teaspoon lemon rind grated
- ☐ 1.5 cups lump crab meat drained
- ☐ 0.5 cup canola mayonnaise

- ☐ 0.5 cup onion grated ()
- ☐ 0.8 cup parmesan cheese fresh grated
- ☐ 1 cup reduced fat jalapeño cheddar cheese shredded 50%
- ☐ 1 tablespoon sherry vinegar
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped

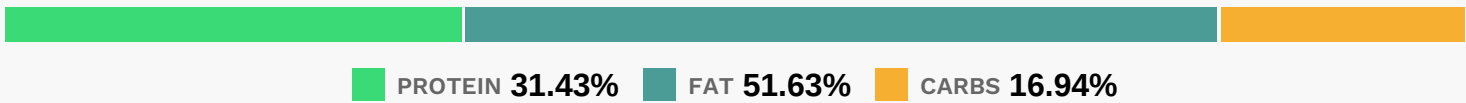
Equipment

- ☐ slow cooker

Directions

- ☐ Place first 12 ingredients in a 3–quart electric slow cooker; stir well. Cover and cook on LOW for 2 hours. Stir in lemon rind.
- ☐ Flavor Tip: For those who like their dips hot and spicy, increase the ground red pepper or add crushed red pepper for an additional kick.

Nutrition Facts



Properties

Glycemic Index:9.96, Glycemic Load:0.26, Inflammation Score:–8, Nutrition Score:10.087391368721%

Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 102.03kcal (5.1%), Fat: 5.84g (8.99%), Saturated Fat: 1.61g (10.08%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 3.8g (1.38%), Sugar: 1.34g (1.49%), Cholesterol: 13.95mg (4.65%), Sodium: 344.44mg (14.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8g (16%), Vitamin K: 62.04µg (59.09%), Vitamin A: 1778.16IU (35.56%), Vitamin B12: 1.39µg (23.18%), Phosphorus: 167.56mg (16.76%), Calcium: 156.16mg (15.62%), Selenium: 8.58µg (12.25%), Zinc: 1.31mg (8.73%), Folate: 33.44µg (8.36%), Copper: 0.15mg (7.44%), Vitamin B2: 0.12mg (7.07%), Magnesium: 24.37mg (6.09%), Manganese: 0.12mg (5.97%), Potassium: 147.93mg (4.23%), Vitamin E: 0.62mg (4.17%), Vitamin B6: 0.07mg (3.55%), Vitamin C: 2.22mg (2.69%), Iron: 0.45mg (2.51%), Vitamin B1: 0.04mg (2.44%), Vitamin B5: 0.22mg (2.19%), Fiber: 0.51g (2.04%), Vitamin B3: 0.28mg (1.38%)