



## Chesapeake Crab Dip Recipe

 Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 ounces cream cheese softened
- 0.1 teaspoon garlic salt
- 1 teaspoon ground mustard
- 1 tablespoon juice of lemon
- 18 ounces lump crab meat drained canned
- 0.1 teaspoon paprika
- 1 teaspoon seafood seasoning
- 0.5 cup cheddar cheese shredded

8 ounces cream sour

## Equipment

bowl

oven

## Directions

In a large bowl, combine the cream cheese, sour cream, lemon juice, mustard, seafood seasoning and garlic salt. Fold in crab.

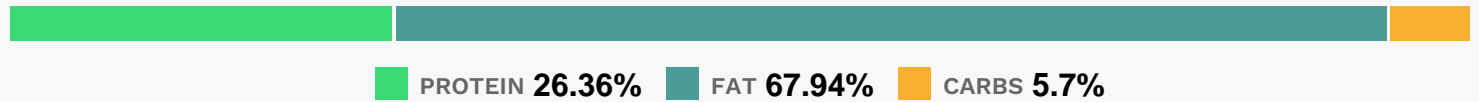
Transfer to a greased 9-in. pie plate.

Sprinkle with cheese and paprika.

Bake at 325° for 20–25 minutes or until bubbly.

Serve warm with crackers. Refrigerate leftovers.

## Nutrition Facts



## Properties

Glycemic Index:5.75, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:9.3456522284643%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

## Nutrients (% of daily need)

Calories: 160.19kcal (8.01%), Fat: 12.1g (18.62%), Saturated Fat: 6.68g (41.74%), Carbohydrates: 2.29g (0.76%), Net Carbohydrates: 2.24g (0.81%), Sugar: 1.42g (1.58%), Cholesterol: 52.81mg (17.6%), Sodium: 475.82mg (20.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.56g (21.13%), Vitamin B12: 3.96µg (65.97%), Selenium: 19.5µg (27.85%), Copper: 0.4mg (20.16%), Zinc: 2.88mg (19.18%), Phosphorus: 151.11mg (15.11%), Calcium: 92.51mg (9.25%), Vitamin A: 443.73IU (8.87%), Vitamin B2: 0.12mg (6.79%), Magnesium: 26.8mg (6.7%), Folate: 23.29µg (5.82%), Vitamin B6: 0.09mg (4.46%), Vitamin C: 3.66mg (4.44%), Potassium: 143.08mg (4.09%), Vitamin B5: 0.34mg (3.43%), Vitamin B3: 0.52mg (2.61%), Iron: 0.37mg (2.07%), Vitamin K: 2.16µg (2.06%), Vitamin B1: 0.03mg (2%), Vitamin E: 0.29mg (1.92%), Manganese: 0.04mg (1.78%)