



Chilled Crab Dip

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



665 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound crab meat cooked
- 16 ounce cream cheese softened
- 12 ounce cocktail sauce
- 0.5 cup creamy salad dressing

Equipment

- bowl

Directions

In a medium bowl, mix together cream cheese, crabmeat and creamy salad dressing. Chill in the refrigerator at least one hour. Cover with cocktail sauce before serving.

Nutrition Facts

PROTEIN 16.98% **FAT 62.59%** **CARBS 20.43%**

Properties

Glycemic Index:6.75, Glycemic Load:1.69, Inflammation Score:-8, Nutrition Score:21.573478056037%

Nutrients (% of daily need)

Calories: 665.27kcal (33.26%), Fat: 46.13g (70.97%), Saturated Fat: 24g (150.01%), Carbohydrates: 33.88g (11.29%), Net Carbohydrates: 33.88g (12.32%), Sugar: 27.08g (30.09%), Cholesterol: 224.53mg (74.84%), Sodium: 2306.78mg (100.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.16g (56.32%), Selenium: 58.99µg (84.27%), Vitamin B12: 4.03µg (67.09%), Copper: 0.95mg (47.45%), Phosphorus: 391.09mg (39.11%), Zinc: 4.91mg (32.72%), Vitamin A: 1535.78IU (30.72%), Vitamin E: 3.71mg (24.7%), Calcium: 217.01mg (21.7%), Vitamin B2: 0.37mg (21.55%), Vitamin K: 19.17µg (18.26%), Vitamin B5: 1.78mg (17.77%), Folate: 68.04µg (17.01%), Vitamin B3: 3.26mg (16.3%), Potassium: 468.06mg (13.37%), Magnesium: 52.5mg (13.12%), Vitamin B6: 0.26mg (12.96%), Manganese: 0.11mg (5.27%), Vitamin C: 3.86mg (4.68%), Iron: 0.77mg (4.27%), Vitamin B1: 0.06mg (3.87%)