



Chrissy's Tangy Seafood Dip

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounce crab meat flaked drained canned
- 8 ounce cream cheese softened
- 1 teaspoon ground pepper black
- 0.5 teaspoon kosher salt
- 2 tablespoons old bay® seasoning
- 1 cup meatless spaghetti sauce
- 1 cup cheddar cheese shredded white
- 2 tablespoons worcestershire sauce

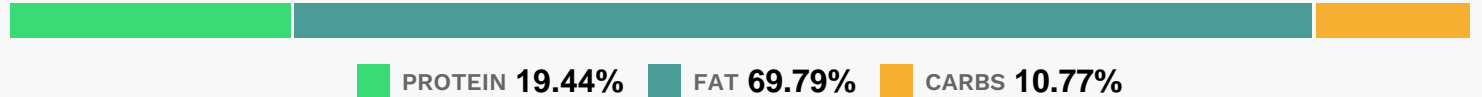
Equipment

- bowl
- oven
- baking pan
- chopsticks

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Spread the spaghetti sauce in an even layer in the bottom of an 8 or 9 inch square baking dish. In a medium bowl, mix together the crabmeat, cream cheese, and Cheddar cheese. Season with Old Bay, Worcestershire sauce, pepper, and salt. Spoon over the spaghetti sauce layer, and spread evenly.
- Bake for 40 minutes in the preheated oven, or until the top is golden brown.
- Serve immediately with thinly sliced baguettes or crackers.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:1.07, Inflammation Score:-5, Nutrition Score:8.2821739212326%

Nutrients (% of daily need)

Calories: 188.82kcal (9.44%), Fat: 14.89g (22.9%), Saturated Fat: 8.53g (53.31%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 4.53g (1.65%), Sugar: 2.66g (2.96%), Cholesterol: 63.38mg (21.13%), Sodium: 647.18mg (28.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.33g (18.66%), Selenium: 15.85µg (22.64%), Calcium: 166.7mg (16.67%), Phosphorus: 157.7mg (15.77%), Vitamin B12: 0.92µg (15.34%), Vitamin A: 686.34IU (13.73%), Copper: 0.24mg (11.92%), Zinc: 1.58mg (10.54%), Vitamin B2: 0.18mg (10.3%), Vitamin K: 10.36µg (9.87%), Vitamin E: 1.2mg (8.01%), Manganese: 0.15mg (7.69%), Potassium: 238.52mg (6.81%), Iron: 1.06mg (5.88%), Magnesium: 21.84mg (5.46%), Vitamin B5: 0.53mg (5.3%), Folate: 20.88µg (5.22%), Vitamin B6: 0.1mg (5.14%), Vitamin B3: 0.98mg (4.92%), Vitamin C: 3.52mg (4.26%), Fiber: 0.64g (2.54%), Vitamin B1: 0.03mg (1.92%)