

STARTER & SNACK

Cool and Crunchy Crab Dip

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	12	\$0.87	48 kcal

Cool and Crunchy Crab Dip could be just the gluten free, primal, and pescatarian recipe you've been looking for. One serving contains 48 calories, 4g of protein, and 2g of fat. For 87 cents per serving, this recipe covers 5% of your daily requirements of vitamins and minerals. This recipe serves 12.

Ingredients

☐ 1 cup finely chopped celery	☐ 1/4 cup minced fresh chives
☐ 8 ounce lump crabmeat, drained and shell pieces removed	☐ 3/4 teaspoon salt
☐ 3/4 cup fat-free sour cream	☐ 1/4 cup fat-free Thousand Island dressing

EQUIPMENT Bowl, Whisk

Method

- 1 Combine fat-free sour cream and cream cheese in a large bowl; stir with a whisk until smooth. Stir in celery, 1/4 cup chives, dressing, and salt. Gently fold in the crabmeat.
- 2 Garnish with additional chives, if desired.

Nutrition per serving

48
KCAL

4 g
PROTEIN

2 g
FAT

3 g
CARBS

Saturated Fat	0.3 g · 2% of daily needs
Sugar	1 g · 1% of daily needs
Sodium	380 mg · 17% of daily needs
Cholesterol	10.6 mg · 4% of daily needs
Vitamin C	2.1 mg · 3% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/cool-and-crunchy-crab-dip-148526