

Crab and Cheese Spread

 **Gluten Free**

READY IN



75 min.

SERVINGS



3

CALORIES



672 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 6 ounce crabmeat flaked drained canned
- 16 ounce cream cheese softened
- 2 spring onion finely chopped
- 8 ounce sauce
- 1 tablespoon juice of lemon
- 1 teaspoon hot sauce hot

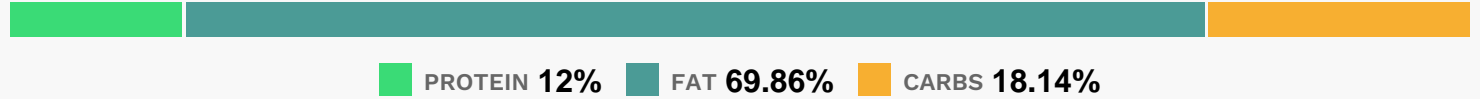
Equipment

- bowl

Directions

- In a medium bowl, blend the cream cheese, lemon juice and hot pepper sauce. Stir in the green onions and crabmeat. Chill in the refrigerator at least 1 hour before serving.
- When ready to serve, top with cocktail sauce.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:2.37, Inflammation Score:-8, Nutrition Score:16.069999920285%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 672.29kcal (33.61%), Fat: 52.54g (80.83%), Saturated Fat: 30.66g (191.63%), Carbohydrates: 30.7g (10.23%), Net Carbohydrates: 30.47g (11.08%), Sugar: 23.48g (26.09%), Cholesterol: 207.71mg (69.24%), Sodium: 1737.73mg (75.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.3g (40.6%), Selenium: 37.38µg (53.4%), Vitamin A: 2113.94IU (42.28%), Vitamin B12: 2.22µg (37.01%), Phosphorus: 297.96mg (29.8%), Copper: 0.5mg (24.83%), Vitamin B2: 0.41mg (24.04%), Calcium: 204.42mg (20.44%), Zinc: 2.95mg (19.68%), Vitamin K: 19.94µg (18.99%), Vitamin E: 2.4mg (15.98%), Vitamin B5: 1.44mg (14.41%), Folate: 48.72µg (12.18%), Potassium: 375.58mg (10.73%), Vitamin B6: 0.18mg (9.12%), Magnesium: 35.99mg (9%), Vitamin B3: 1.75mg (8.73%), Vitamin C: 6.31mg (7.65%), Manganese: 0.07mg (3.63%), Vitamin B1: 0.05mg (3.59%), Iron: 0.58mg (3.21%)