



Crab and Cream Cheese Dip

READY IN



10 min.

SERVINGS



3

CALORIES



576 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 servings roasted-garlic bagel chips for salmon dip
- ☐ 3 servings treviso leaves
- ☐ 1 sticks bread bakery
- ☐ 6 ounce crab meat canned
- ☐ 3 servings carrots mini
- ☐ 3 servings cherry tomatoes and cocktail olives each on sticks green
- ☐ 0.3 teaspoon crab boil seasoning recommended: Old Bay
- ☐ 12 ounce whipped cream cheese at room temperature
- ☐ 3 servings cucumber spears

- ☐ 2 teaspoons cooking sherry dry
- ☐ 3 servings focaccia strips
- ☐ 2 tablespoons chives fresh minced plus more for garnish
- ☐ 1 leaves cabbage green
- ☐ 0.5 juice of lemon juiced
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons mayonnaise
- ☐ 3 servings pepper freshly ground
- ☐ 1 leaves purple cabbage
- ☐ 1 leaves radicchio thinly
- ☐ 3 servings icicle radishes
- ☐ 3 servings bell peppers green red
- ☐ 1 tablespoon worcestershire sauce

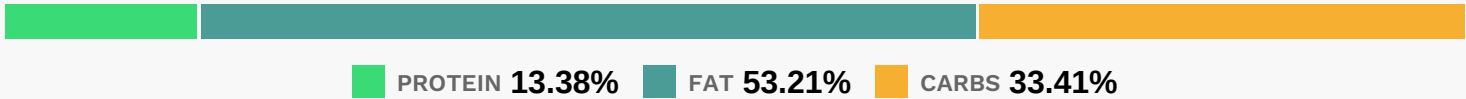
Equipment

- ☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium bowl, mix together the cream cheese, mayonnaise, Worcestershire, lemon juice, sherry, crab boil seasoning, salt, and pepper. Fold in the crabmeat and chives. Top with additional chives.

Nutrition Facts



Properties

Glycemic Index:158.83, Glycemic Load:16.26, Inflammation Score:-10, Nutrition Score:30.146956340126%

Flavonoids

Cyanidin: 16.51mg, Cyanidin: 16.51mg, Cyanidin: 16.51mg, Cyanidin: 16.51mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 3.03mg, Luteolin: 3.03mg, Luteolin: 3.03mg, Luteolin: 3.03mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 575.6kcal (28.78%), Fat: 34.86g (53.64%), Saturated Fat: 17.04g (106.52%), Carbohydrates: 49.25g (16.42%), Net Carbohydrates: 43.39g (15.78%), Sugar: 20.02g (22.24%), Cholesterol: 145.1mg (48.37%), Sodium: 917.42mg (39.89%), Alcohol: 0.34g (100%), Alcohol %: 0.08% (100%), Protein: 19.72g (39.44%), Vitamin A: 12669.07IU (253.38%), Vitamin C: 104.68mg (126.89%), Vitamin K: 45.24µg (43.09%), Selenium: 27.53µg (39.32%), Vitamin B12: 2.23µg (37.14%), Copper: 0.71mg (35.44%), Potassium: 1170.72mg (33.45%), Phosphorus: 333.19mg (33.32%), Vitamin B6: 0.56mg (27.98%), Manganese: 0.55mg (27.3%), Calcium: 247.99mg (24.8%), Vitamin E: 3.58mg (23.89%), Fiber: 5.86g (23.43%), Folate: 92.42µg (23.1%), Zinc: 3.29mg (21.94%), Vitamin B3: 3.63mg (18.14%), Magnesium: 71.25mg (17.81%), Iron: 2.92mg (16.23%), Vitamin B2: 0.26mg (15.26%), Vitamin B5: 1.48mg (14.81%), Vitamin B1: 0.21mg (13.78%), Vitamin D: 0.47µg (3.15%)