



Crab and Shrimp Dip

READY IN



35 min.

SERVINGS



4

CALORIES



699 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces chive and onion cream cheese softened
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1 cup imitation crabmeat cooked chopped
- ☐ 4 servings olive oil
- ☐ 0.3 cup parmesan shredded
- ☐ 1 teaspoon pepper sauce hot
- ☐ 1 cup shrimp cooked chopped
- ☐ 1 loaf sourdough round bread cut into 16 slices
- ☐ 2 tablespoons white wine

☐ 1 teaspoon worcestershire sauce

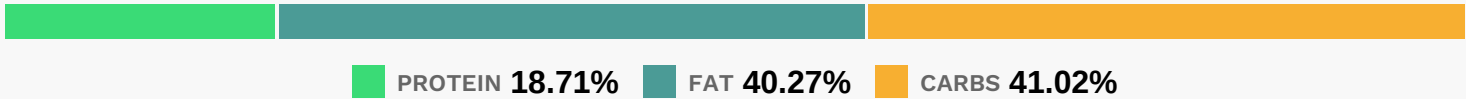
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Combine the first 5 ingredients in a large bowl.
- ☐ Mix on medium speed using a hand mixer until blended. Fold in the crab and shrimp.
- ☐ Transfer to a shallow 2-cup baking dish. Top with Parmesan.
- ☐ Bake for 20 minutes or until top is lightly brown.
- ☐ To make the toasted bread slices, place bread slices on a baking sheet.
- ☐ Brush with olive oil on both sides.
- ☐ Bake in oven for 8 minutes while dip is also baking.
- ☐ Serve crab and shrimp dip with toasted bread slices.

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:45.39, Inflammation Score:-7, Nutrition Score:18.596956359951%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg,

Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 699.24kcal (34.96%), Fat: 30.95g (47.61%), Saturated Fat: 11.52g (71.97%), Carbohydrates: 70.93g (23.64%), Net Carbohydrates: 67.93g (24.7%), Sugar: 8.76g (9.73%), Cholesterol: 139.58mg (46.53%), Sodium: 1414.97mg (61.52%), Alcohol: 0.77g (100%), Alcohol %: 0.32% (100%), Protein: 32.36g (64.72%), Vitamin B1: 0.81mg (53.89%), Selenium: 33.81µg (48.3%), Folate: 140.29µg (35.07%), Manganese: 0.63mg (31.3%), Vitamin B2: 0.51mg (29.93%), Phosphorus: 291.35mg (29.14%), Iron: 4.98mg (27.68%), Vitamin B3: 5.5mg (27.5%), Calcium: 241.7mg (24.17%), Copper: 0.41mg (20.46%), Magnesium: 60.8mg (15.2%), Vitamin E: 2.27mg (15.13%), Zinc: 2.16mg (14.38%), Vitamin A: 605.69IU (12.11%), Fiber: 2.99g (11.97%), Potassium: 314.78mg (8.99%), Vitamin K: 9.4µg (8.95%), Vitamin B6: 0.13mg (6.63%), Vitamin B5: 0.41mg (4.12%), Vitamin C: 1.11mg (1.35%), Vitamin B12: 0.08µg (1.25%)