



food
network

Crab Bake

READY IN



20 min.

SERVINGS



8

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 can crab meat
- 8 servings round buttery crackers assorted
- 0.5 teaspoon horseradish prepared
- 2 tablespoons milk
- 2 tablespoons onions instant chopped
- 0.5 teaspoon pepper
- 4 ounces ricotta

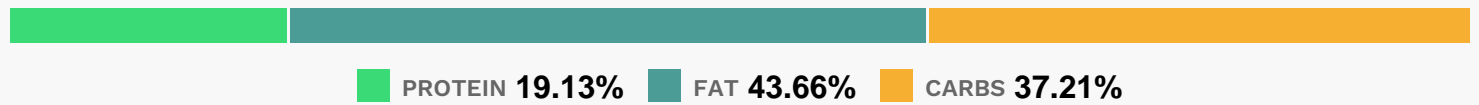
Equipment

- oven
- baking pan

Directions

- Preheat the oven to 375 degrees F.
- Combine all ingredients except crackers, adding enough milk to make dip consistency.
- Place in a small baking dish and bake for 15 minutes.
- Serve hot on crackers.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:5.0786956198837%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 120.07kcal (6%), Fat: 5.8g (8.92%), Saturated Fat: 2.15g (13.45%), Carbohydrates: 11.12g (3.71%), Net Carbohydrates: 10.66g (3.88%), Sugar: 1.65g (1.84%), Cholesterol: 22.84mg (7.61%), Sodium: 243.86mg (10.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.43%), Selenium: 9.59µg (13.7%), Phosphorus: 107.45mg (10.74%), Vitamin B12: 0.59µg (9.81%), Vitamin K: 8.43µg (8.03%), Copper: 0.15mg (7.64%), Calcium: 74.12mg (7.41%), Vitamin B3: 1.23mg (6.17%), Manganese: 0.12mg (5.93%), Zinc: 0.88mg (5.87%), Vitamin E: 0.87mg (5.77%), Folate: 21.86µg (5.47%), Vitamin B2: 0.09mg (5.34%), Vitamin B1: 0.08mg (5.3%), Iron: 0.87mg (4.81%), Magnesium: 11.22mg (2.81%), Vitamin B5: 0.26mg (2.64%), Potassium: 86.1mg (2.46%), Vitamin B6: 0.05mg (2.3%), Fiber: 0.45g (1.81%), Vitamin A: 70.21IU (1.4%)