



Crab Dip

READY IN



75 min.

SERVINGS



15

CALORIES



211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz crab meat flaked drained canned
- 8 oz philadelphia cream cheese softened
- 1 Tbsp parsley fresh chopped
- 1 Tbsp juice of lemon
- 2 Tbsp milk
- 0.3 cup bell pepper red chopped
- 2 Tbsp thousand island dressing kraft
- 15 servings wheat snack crackers thin

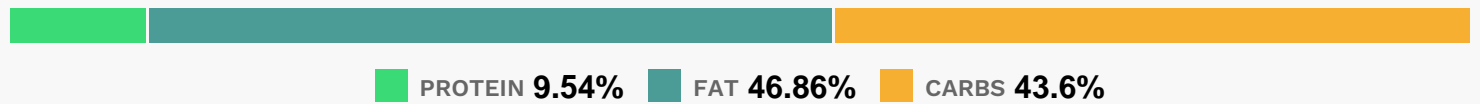
Equipment

- bowl
- hand mixer

Directions

- Beat cream cheese, dressing and milk in small bowl with electric mixer on low speed until well blended.
- Stir in crabmeat, red pepper, lemon juice and parsley; cover. Refrigerate at least 1 hour to blend flavors.
- Serve as a dip with crackers.

Nutrition Facts



Properties

Glycemic Index:8.6, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:3.6873913057472%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 210.83kcal (10.54%), Fat: 11.07g (17.03%), Saturated Fat: 4.22g (26.36%), Carbohydrates: 23.17g (7.72%), Net Carbohydrates: 21.11g (7.68%), Sugar: 5.06g (5.62%), Cholesterol: 27.07mg (9.02%), Sodium: 359.77mg (15.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Selenium: 6.24µg (8.91%), Fiber: 2.06g (8.26%), Vitamin B12: 0.42µg (7.03%), Vitamin A: 310.18IU (6.2%), Vitamin K: 6.11µg (5.82%), Vitamin C: 4.28mg (5.18%), Copper: 0.1mg (4.8%), Iron: 0.85mg (4.73%), Calcium: 46.99mg (4.7%), Phosphorus: 46.18mg (4.62%), Zinc: 0.53mg (3.54%), Vitamin E: 0.47mg (3.12%), Vitamin B2: 0.05mg (3.05%), Vitamin B1: 0.04mg (2.65%), Folate: 8.87µg (2.22%), Vitamin B5: 0.22mg (2.17%), Vitamin B3: 0.37mg (1.83%), Potassium: 62.28mg (1.78%), Vitamin B6: 0.04mg (1.76%), Magnesium: 6.34mg (1.58%)