



WHATShEATE



## Crab Dip

READY IN



57 min.

SERVINGS



20

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 ounces comté shredded
- ☐ 20 servings round buttery crackers
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 teaspoon chives fresh chopped
- ☐ 1 teaspoon hot sauce
- ☐ 20 servings sauce
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 pound lump crab meat drained
- ☐ 1 ounce pecorino cheese grated

- ☐ 1.5 teaspoons seafood seasoning
- ☐ 2 tablespoons worcestershire sauce

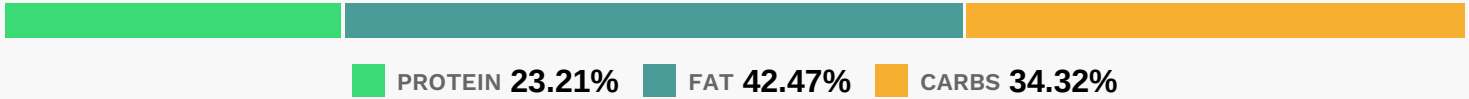
## Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Preheat oven to 32
- ☐ Combine first 8 ingredients in a large bowl; gently fold in crab. Spoon mixture into a lightly greased 2-quart baking dish.
- ☐ Bake 30 to 40 minutes or until golden brown and bubbly.
- ☐ Sprinkle with chives, and serve with flatbread crackers.

## Nutrition Facts



## Properties

Glycemic Index:5.2, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:7.0186956615552%

## Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 130.03kcal (6.5%), Fat: 6.08g (9.35%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 11.05g (3.68%), Net Carbohydrates: 10.66g (3.88%), Sugar: 1.78g (1.98%), Cholesterol: 17.24mg (5.75%), Sodium: 427.66mg (18.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.95%), Vitamin B12: 2.15µg (35.8%), Selenium: 10.04µg (14.34%), Phosphorus: 139.87mg (13.99%), Copper: 0.24mg (11.81%), Zinc: 1.71mg (11.43%), Calcium: 110.89mg (11.09%), Vitamin K: 9.6µg (9.15%), Vitamin B1: 0.09mg (5.76%), Folate: 22.88µg (5.72%), Iron: 1.02mg (5.64%),

Manganese: 0.11mg (5.32%), Vitamin B3: 1.06mg (5.28%), Vitamin B2: 0.08mg (4.48%), Magnesium: 17.46mg (4.36%), Vitamin E: 0.58mg (3.89%), Vitamin C: 2.59mg (3.14%), Vitamin B6: 0.05mg (2.62%), Potassium: 87.75mg (2.51%), Vitamin B5: 0.18mg (1.79%), Fiber: 0.39g (1.57%), Vitamin A: 73.38IU (1.47%)