

## Crab Dip II

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



490 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup celery chopped
- 8 ounce cream cheese softened
- 3 green onions chopped
- 0.5 pound imitation crabmeat chopped
- 4 tablespoons juice of lemon
- 5 drops pepper sauce hot
- 1 cup cheddar cheese shredded
- 8 ounce cup heavy whipping cream sour

# Equipment

bowl

# Directions

In a medium bowl, blend the cream cheese and sour cream.

Mix in the celery, green onions, lemon juice, Cheddar cheese, imitation crab and hot pepper sauce.

Serve chilled.

# Nutrition Facts



**PROTEIN 12.02%** **FAT 73.03%** **CARBS 14.95%**

# Properties

Glycemic Index:29.5, Glycemic Load:1.22, Inflammation Score:-7, Nutrition Score:10.408695594124%

# Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

# Nutrients (% of daily need)

Calories: 490.19kcal (24.51%), Fat: 40.19g (61.83%), Saturated Fat: 22.62g (141.37%), Carbohydrates: 18.52g (6.17%), Net Carbohydrates: 17.41g (6.33%), Sugar: 6.8g (7.56%), Cholesterol: 125.21mg (41.74%), Sodium: 743.74mg (32.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.88g (29.76%), Calcium: 324.52mg (32.45%), Vitamin A: 1547.11IU (30.94%), Phosphorus: 240.84mg (24.08%), Vitamin K: 25.08µg (23.88%), Vitamin B2: 0.37mg (21.64%), Selenium: 15.09µg (21.55%), Vitamin C: 9.33mg (11.31%), Zinc: 1.57mg (10.45%), Vitamin B12: 0.54µg (9.05%), Folate: 27.82µg (6.95%), Potassium: 242.38mg (6.93%), Vitamin B5: 0.69mg (6.89%), Vitamin E: 1.02mg (6.82%), Magnesium: 22.55mg (5.64%), Vitamin B6: 0.1mg (4.91%), Fiber: 1.1g (4.43%), Vitamin B1: 0.04mg (2.95%), Manganese: 0.05mg (2.26%), Copper: 0.04mg (2.22%), Iron: 0.32mg (1.8%), Vitamin D: 0.17µg (1.13%), Vitamin B3: 0.22mg (1.12%)