



Crab Dip with Garlic Saltines and Roasted Cherry Tomatoes

READY IN



25 min.

SERVINGS



4

CALORIES



753 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 stick butter melted
- ☐ 1 pint cherry tomatoes
- ☐ 2 tablespoons chives chopped
- ☐ 1 cup cream cheese
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 bunch flat-leaf parsley fresh chopped
- ☐ 2 cloves garlic minced

- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.5 tablespoon juice of lemon
- ☐ 12 ounces lump crab meat fresh picked over drained
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 4 servings olive oil extra-virgin
- ☐ 1 packet saltines

Equipment

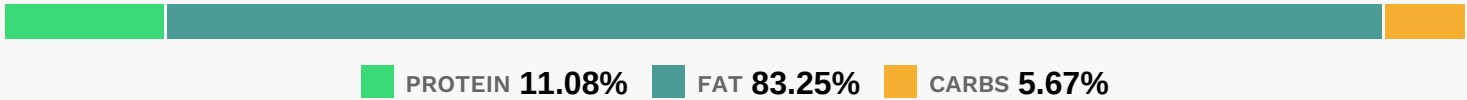
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ spatula
- ☐ pastry brush

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ In a food processor add the cream cheese, mayonnaise, and Dijon and blend until smooth. Then add the lemon juice and olive oil, if desired, and season with salt and freshly ground black pepper. Process until well combined, scraping down the sides with a rubber spatula as you go. Dump the mixture into a large mixing bowl and fold in the chopped chives and crabmeat. Adjust seasoning with salt and pepper then cover and set aside in the refrigerator.
- ☐ Meanwhile, prepare the saltines. Make a garlic butter by combining the minced garlic with parsley and melted butter.
- ☐ Lay out a flat layer of saltines on a lined baking tray and use a pastry brush to baste the saltines with garlic butter.
- ☐ Bake in the oven for about 5 to 7 minutes until golden.

- ☐
- Split each tomato lengthwise and toss in a mixing bowl with balsamic vinegar. Toss the cherry tomatoes on a second baking tray and drizzle a little olive oil, if desired, over the top. Season with salt and pepper and bake in oven for 7 to 8 minutes.
- ☐
- To serve, arrange the 3 components so they can be assembled by each individual. Spoon the crab mixture into a bowl, stack the saltines in a pile next to it and serve the roasted tomatoes in a coffee cup. Take a saltine, spoon a little crab dip on top and garnish with a piece of tomato.

Nutrition Facts



Properties

Glycemic Index:87, Glycemic Load:1.82, Inflammation Score:-9, Nutrition Score:27.535652062167%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 7.69mg, Apigenin: 7.69mg, Apigenin: 7.69mg, Apigenin: 7.69mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 752.74kcal (37.64%), Fat: 70.26g (108.1%), Saturated Fat: 24.53g (153.33%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 9.56g (3.48%), Sugar: 6.62g (7.36%), Cholesterol: 135.17mg (45.06%), Sodium: 1218.96mg (53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.05g (42.1%), Vitamin B12: 7.84µg (130.62%), Vitamin K: 123.6µg (117.71%), Selenium: 38.75µg (55.36%), Vitamin C: 39.74mg (48.17%), Copper: 0.91mg (45.37%), Vitamin A: 2101.07IU (42.02%), Zinc: 5.66mg (37.75%), Vitamin E: 4.97mg (33.12%), Phosphorus: 300.74mg (30.07%), Folate: 67.76µg (16.94%), Potassium: 563.87mg (16.11%), Magnesium: 63.88mg (15.97%), Vitamin B6: 0.28mg (14.17%), Calcium: 127.12mg (12.71%), Vitamin B2: 0.21mg (12.6%), Manganese: 0.24mg (11.99%), Iron: 1.94mg (10.78%), Vitamin B5: 0.88mg (8.82%), Vitamin B3: 1.73mg (8.65%), Vitamin B1: 0.11mg (7.49%), Fiber: 1.21g (4.86%)