



Crab Fondue

READY IN



30 min.

SERVINGS



28

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz swiss cheese shredded
- ☐ 16 oz cream cheese softened
- ☐ 0.3 cup bell pepper frozen (from 1-lb bag)
- ☐ 0.5 cup wine dry white
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 18 oz crabmeat drained canned
- ☐ 14 oz bread french cut into 1-inch cubes

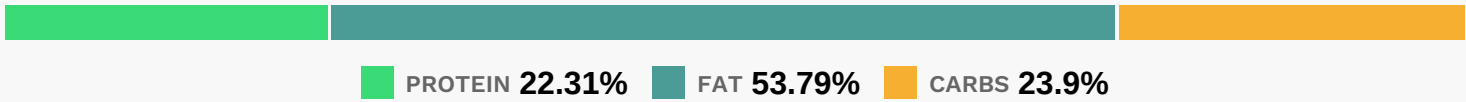
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ In 2-quart saucepan or chafing dish, heat all ingredients except crabmeat and bread over medium heat, stirring constantly, until cheese is melted. Stir in crabmeat.
- ☐ Pour into fondue pot or chafing dish to keep warm; dip will hold for 2 hours.
- ☐ Spear bread cubes with fondue forks; dip into fondue. (If fondue becomes too thick, stir in a small amount of dry white wine or milk.)

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:5.98, Inflammation Score:-3, Nutrition Score:6.2965217906496%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 146.1kcal (7.31%), Fat: 8.57g (13.18%), Saturated Fat: 4.86g (30.37%), Carbohydrates: 8.56g (2.85%), Net Carbohydrates: 8.22g (2.99%), Sugar: 1.36g (1.51%), Cholesterol: 41.57mg (13.86%), Sodium: 254.06mg (11.05%), Alcohol: 0.44g (100%), Alcohol %: 0.9% (100%), Protein: 7.99g (15.99%), Selenium: 15.71µg (22.44%), Vitamin B12: 0.89µg (14.79%), Phosphorus: 122.5mg (12.25%), Calcium: 112.25mg (11.22%), Copper: 0.18mg (8.85%), Zinc: 1.29mg (8.57%), Vitamin B2: 0.14mg (8.3%), Folate: 29.58µg (7.4%), Vitamin B1: 0.11mg (7.36%), Vitamin A: 330.52IU (6.61%), Vitamin B3: 1.22mg (6.11%), Manganese: 0.1mg (4.83%), Magnesium: 15.83mg (3.96%), Vitamin E: 0.58mg (3.84%), Iron: 0.69mg (3.84%), Vitamin B5: 0.36mg (3.62%), Vitamin B6: 0.06mg (3.23%), Vitamin C: 2.31mg (2.8%), Potassium: 96.95mg (2.77%), Fiber: 0.34g (1.37%)