

Crab Fondue

 Popular

READY IN



25 min.

SERVINGS



8

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 ounces cream cheese (3 6-oz packages)
- ☐ 0.5 cup mayonnaise
- ☐ 1 teaspoon mustard yellow (or Dijon)
- ☐ 2 Tbsp powdered sugar (or 1 Tbsp cornstarch if you want to skip the sugar)
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 teaspoons old bay seasoning with a little ground ginger and cayenne) to taste ()
- ☐ 0.3 cup cooking wine dry white dry
- ☐ 1 teaspoons juice of lemon

- ☐ 1 teaspoon lemon zest
- ☐ 0.8 pound lump crab meat fresh canned
- ☐ 0.3 cup green onion greens chopped
- ☐ 1 cubes loaf bread fresh french italian cubed (best not or will fall apart when dipped)

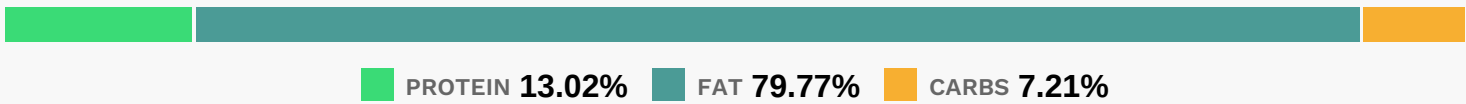
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ double boiler

Directions

- ☐ Make fondue base: Slowly heat the cream cheese, mayonnaise, powdered sugar, garlic powder, Old Bay, lemon zest, and mustard in a double boiler until the cheese is completely melted.
- ☐ (If you don't have a double boiler, fill a saucepan a third of the way with water and bring to a boil, place a metal bowl over the saucepan. This will work as a double boiler.)
- ☐ Stir in the wine, lemon juice, crab, and onion greens: Slowly stir in the wine and lemon juice (adjust quantities to taste and desired consistency). Slowly stir in the crab meat and onion greens.
- ☐ Transfer to chafing dish or fondue pot: To serve, transfer to a heated chafing dish or fondue pot to keep warm.
- ☐ Serve with bread cubes and forks for dipping.

Nutrition Facts



Properties

Glycemic Index:27.46, Glycemic Load:1.11, Inflammation Score:-6, Nutrition Score:12.29478272407%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 372.24kcal (18.61%), Fat: 32.74g (50.37%), Saturated Fat: 14.58g (91.14%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 6.45g (2.34%), Sugar: 4.64g (5.16%), Cholesterol: 88.16mg (29.39%), Sodium: 653.34mg (28.41%), Alcohol: 0.77g (100%), Alcohol %: 0.72% (100%), Protein: 12.02g (24.04%), Vitamin B12: 3.98µg (66.41%), Vitamin K: 34.7µg (33.05%), Selenium: 21.66µg (30.94%), Copper: 0.42mg (20.77%), Zinc: 2.92mg (19.46%), Vitamin A: 920.88IU (18.42%), Phosphorus: 169.37mg (16.94%), Vitamin B2: 0.17mg (10.23%), Calcium: 91.55mg (9.15%), Magnesium: 29.78mg (7.45%), Folate: 28.31µg (7.08%), Vitamin E: 1.04mg (6.91%), Vitamin B6: 0.12mg (5.86%), Potassium: 195.55mg (5.59%), Vitamin B5: 0.55mg (5.48%), Vitamin C: 4.19mg (5.08%), Manganese: 0.08mg (3.85%), Iron: 0.62mg (3.46%), Vitamin B3: 0.58mg (2.89%), Vitamin B1: 0.04mg (2.71%)