



Crabby Artichoke Spread

READY IN



45 min.

SERVINGS



3

CALORIES



802 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 14 oz artichokes drained chopped canned
- ☐ 3 servings bread rounds toasted
- ☐ 12 oz crab meat drained canned
- ☐ 0.5 teaspoon celery seed
- ☐ 2 green onions chopped
- ☐ 1 jalapeno seeded chopped
- ☐ 2 teaspoons juice of lemon
- ☐ 1 cup mayonnaise
- ☐ 1 teaspoon oil

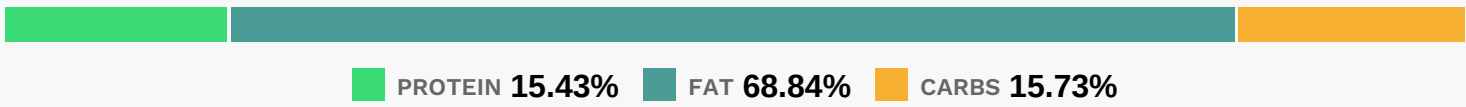
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 bell pepper red chopped
- ☐ 2 teaspoons worcestershire sauce

Equipment

Directions

- ☐ Saut jalapeo in oil until tender.
- ☐ Combine jalapeo and remaining ingredients except bread rounds in a slow-cooker. Cover and cook on low setting for 4 hours.
- ☐ Serve with bread rounds or crackers.

Nutrition Facts



Properties

Glycemic Index:78.89, Glycemic Load:9.95, Inflammation Score:-9, Nutrition Score:38.514782926311%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 16.58mg, Naringenin: 16.58mg, Naringenin: 16.58mg, Naringenin: 16.58mg Apigenin: 10.16mg, Apigenin: 10.16mg, Apigenin: 10.16mg, Apigenin: 10.16mg Luteolin: 5.77mg, Luteolin: 5.77mg, Luteolin: 5.77mg, Luteolin: 5.77mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 801.81kcal (40.09%), Fat: 62.01g (95.4%), Saturated Fat: 10.62g (66.4%), Carbohydrates: 31.89g (10.63%), Net Carbohydrates: 22.82g (8.3%), Sugar: 5.04g (5.6%), Cholesterol: 148.61mg (49.54%), Sodium: 1569.98mg (68.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.26g (62.52%), Vitamin K: 162.53µg (154.79%), Selenium: 61.76µg (88.23%), Vitamin B12: 3.98µg (66.3%), Copper: 1.31mg (65.64%), Vitamin C: 53.57mg (64.93%), Phosphorus: 502.87mg (50.29%), Folate: 192.35µg (48.09%), Manganese: 0.83mg (41.69%), Zinc: 5.85mg (39.02%), Vitamin E: 5.65mg (37.68%), Fiber: 9.07g (36.27%), Magnesium: 142.21mg (35.55%), Vitamin B3: 6.41mg (32.06%), Calcium: 294.12mg (29.41%), Potassium: 968.55mg (27.67%), Vitamin B6: 0.46mg (23.04%), Iron: 4.04mg (22.46%), Vitamin B5: 2.05mg (20.51%), Vitamin B2: 0.34mg (19.97%), Vitamin A: 895.22IU (17.9%), Vitamin B1: 0.27mg (17.86%), Vitamin D: 0.19µg (1.27%)