



Crabmeat Dip

 Gluten Free

READY IN



52 min.

SERVINGS



22

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 5.2 ounce buttery garlic-and-herb spreadable cheese with boursin)
- ☐ 2 tablespoons capers
- ☐ 8 ounce cream cheese softened
- ☐ 1 teaspoon dijon mustard coarse-grained
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions chopped
- ☐ 1 teaspoon hot sauce

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 pound lump crab meat fresh drained
- ☐ 0.5 cup mayonnaise
- ☐ 0.8 cup parmesan cheese freshly grated
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 0.5 teaspoon worcestershire sauce

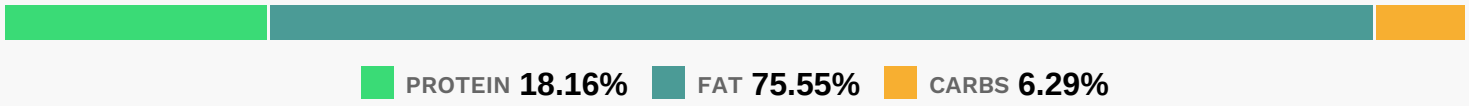
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine first 13 ingredients, stirring well. Gently fold in crabmeat. Spoon dip into a lightly greased 8" square baking dish.
- ☐ Bake at 350 for 30 minutes or until bubbly.
- ☐ Serve with crackers or Melba toast rounds.

Nutrition Facts



Properties

Glycemic Index:10.68, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:5.3517389971277%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 127.47kcal (6.37%), Fat: 10.79g (16.6%), Saturated Fat: 4.54g (28.38%), Carbohydrates: 2.02g (0.67%), Net Carbohydrates: 1.91g (0.69%), Sugar: 0.57g (0.64%), Cholesterol: 31.46mg (10.49%), Sodium: 362.65mg (15.77%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.67%), Vitamin B12: 1.93µg (32.17%), Selenium: 9.82µg (14.03%), Vitamin K: 11.24µg (10.7%), Copper: 0.2mg (9.98%), Zinc: 1.45mg (9.66%), Phosphorus: 80.5mg (8.05%), Vitamin C: 4.58mg (5.55%), Calcium: 51.99mg (5.2%), Vitamin A: 242.32IU (4.85%), Magnesium: 13.24mg (3.31%), Folate: 12.45µg (3.11%), Vitamin B2: 0.05mg (2.91%), Vitamin B6: 0.05mg (2.42%), Vitamin E: 0.32mg (2.11%), Potassium: 73.91mg (2.11%), Vitamin B5: 0.16mg (1.61%), Vitamin B3: 0.27mg (1.36%), Iron: 0.21mg (1.18%), Manganese: 0.02mg (1.11%), Vitamin B1: 0.02mg (1.04%)