



Crabmeat Spread

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



9

CALORIES



67 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 3 ounce capers drained
- 3 tablespoons juice of lemon fresh
- 1 pound lump crab meat fresh
- 2 tablespoons mayonnaise

Equipment

Directions

- Drain crabmeat, removing any bits of shell.
- Add remaining ingredients; toss
- gently. Cover and chill 30 minutes.
- Serve with assorted crackers.

Nutrition Facts

PROTEIN 57.72%

FAT 37.27%

CARBS 5.01%

Properties

Glycemic Index:5.56, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:9.2200001053836%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 12.41mg, Kaempferol: 12.41mg, Kaempferol: 12.41mg, Kaempferol: 12.41mg Quercetin: 16.32mg, Quercetin: 16.32mg, Quercetin: 16.32mg, Quercetin: 16.32mg

Nutrients (% of daily need)

Calories: 66.76kcal (3.34%), Fat: 2.72g (4.19%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 0.82g (0.27%), Net Carbohydrates: 0.51g (0.18%), Sugar: 0.18g (0.2%), Cholesterol: 22.47mg (7.49%), Sodium: 702.81mg (30.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.49g (18.98%), Vitamin B12: 4.54µg (75.66%), Selenium: 18.54µg (26.48%), Copper: 0.5mg (25.07%), Zinc: 3.04mg (20.24%), Phosphorus: 112.37mg (11.24%), Vitamin C: 5.87mg (7.11%), Magnesium: 28.15mg (7.04%), Vitamin K: 7.4µg (7.04%), Folate: 25.5µg (6.38%), Vitamin B6: 0.08mg (4.02%), Potassium: 112.37mg (3.21%), Vitamin B3: 0.62mg (3.1%), Calcium: 27.51mg (2.75%), Iron: 0.47mg (2.59%), Vitamin B2: 0.04mg (2.13%), Vitamin B5: 0.19mg (1.91%), Vitamin B1: 0.02mg (1.66%), Manganese: 0.03mg (1.29%), Vitamin E: 0.19mg (1.28%), Fiber: 0.32g (1.27%)