

Creamy Crab and Artichoke Dip

READY IN

ready

25 min.

SERVINGS

servings

32

CALORIES

calories

171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained canned
- ☐ 32 servings original crackers keebler® town house®
- ☐ 8 ounce cream cheese softened
- ☐ 0.3 cup green onions sliced
- ☐ 8 ounce imitation crabmeat flake-style finely chopped
- ☐ 1 cup mayonnaise
- ☐ 0.8 cup parmesan cheese shredded finely

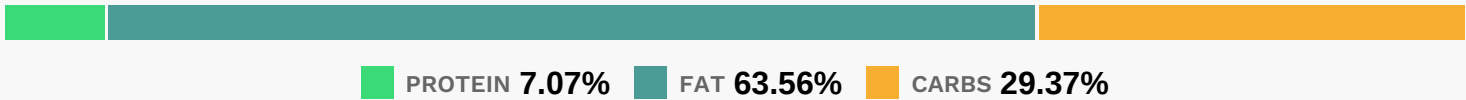
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Chop artichoke hearts. Set aside.
- ☐ In medium bowl stir together cream cheese and mayonnaise. Stir in artichoke hearts, Parmesan cheese and onions. Fold in imitation crabmeat.
- ☐ Spoon into 9-inch pie plate or two 2-cup casseroles**.
- ☐ Bake, uncovered, at 375 degrees F about 25 minutes or until heated through.
- ☐ Garnish as desired.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:3.5182608197565%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 170.53kcal (8.53%), Fat: 11.99g (18.45%), Saturated Fat: 3.51g (21.92%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 11.81g (4.29%), Sugar: 1.98g (2.2%), Cholesterol: 12.47mg (4.16%), Sodium: 331.16mg (14.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Vitamin K: 21.75µg (20.72%), Phosphorus: 69.38mg (6.94%), Calcium: 60.57mg (6.06%), Vitamin E: 0.86mg (5.73%), Vitamin B1: 0.07mg (4.97%), Manganese: 0.09mg (4.49%), Iron: 0.77mg (4.29%), Vitamin B2: 0.07mg (4.04%), Vitamin B3: 0.8mg (4%), Folate: 13.34µg (3.33%), Selenium: 2.04µg (2.91%), Fiber: 0.66g (2.66%), Vitamin A: 128.42IU (2.57%), Zinc: 0.21mg (1.41%), Magnesium: 4.99mg (1.25%), Vitamin B5: 0.12mg (1.23%), Copper: 0.02mg (1.2%)