



Creamy Crab and Red Pepper Spread

READY IN



75 min.

SERVINGS



15

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

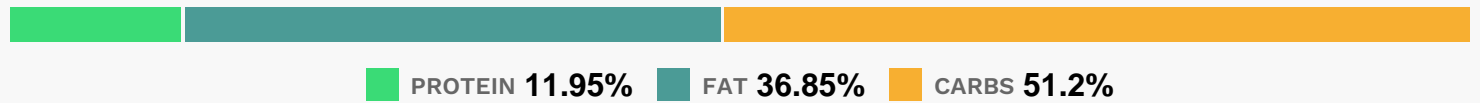
- 1 Tbsp grey poupon dijon mustard
- 2 green onions divided thinly sliced
- 6 oz lump crab meat drained canned
- 1 small bell pepper red finely chopped
- 15 servings ritz reduced fat crackers
- 0.5 cup milk sharp cheddar cheese shredded 2% kraft
- 8 oz philadelphia

Equipment

Directions

- Reserve 2 Tbsp. onions.
- Mix remaining onions with all remaining ingredients except crackers.
- Refrigerate 1 hour.
- Top with reserved onions.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:4.0108695405981%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 188.58kcal (9.43%), Fat: 7.96g (12.24%), Saturated Fat: 3.79g (23.71%), Carbohydrates: 24.88g (8.29%), Net Carbohydrates: 24.69g (8.98%), Sugar: 8.07g (8.96%), Cholesterol: 23.8mg (7.93%), Sodium: 350mg (15.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Vitamin B12: 1.09µg (18.23%), Selenium: 6.85µg (9.78%), Vitamin C: 7.41mg (8.99%), Vitamin A: 414.65IU (8.29%), Phosphorus: 61.22mg (6.12%), Zinc: 0.91mg (6.09%), Copper: 0.11mg (5.57%), Calcium: 48.64mg (4.86%), Vitamin K: 3.98µg (3.79%), Vitamin B2: 0.06mg (3.67%), Folate: 10.5µg (2.63%), Magnesium: 9.33mg (2.33%), Vitamin B6: 0.04mg (2.2%), Potassium: 62.32mg (1.78%), Vitamin E: 0.25mg (1.66%), Vitamin B5: 0.16mg (1.61%), Vitamin B3: 0.2mg (1.01%)