



Creamy Crab and Red Pepper Spread

READY IN



75 min.

SERVINGS



18

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

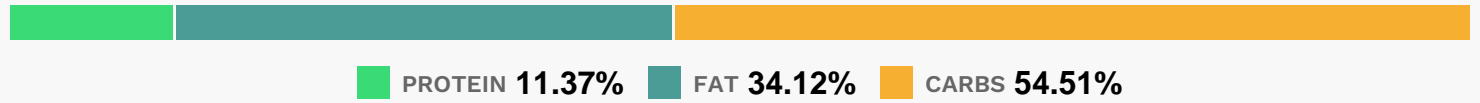
- 1 Tbsp grey poupon dijon mustard
- 2 green onions divided thinly sliced
- 6 oz lump crab meat drained canned
- 1 small bell pepper red finely chopped
- 18 servings ritz reduced fat crackers
- 0.5 cup milk sharp cheddar cheese shredded 2% kraft
- 8 oz philadelphia

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:8.33, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:3.3430434284003%

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: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 175.21kcal (8.76%), Fat: 6.86g (10.55%), Saturated Fat: 3.16g (19.76%), Carbohydrates: 24.65g (8.22%), Net Carbohydrates: 24.49g (8.91%), Sugar: 7.93g (8.81%), Cholesterol: 19.83mg (6.61%), Sodium: 320.28mg (13.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.28%), Vitamin B12: 0.91µg (15.19%), Selenium: 5.71µg (8.15%), Vitamin C: 6.18mg (7.49%), Vitamin A: 345.54IU (6.91%), Phosphorus: 51.02mg (5.1%), Zinc: 0.76mg (5.08%), Copper: 0.09mg (4.64%), Calcium: 40.53mg (4.05%), Vitamin K: 3.31µg (3.16%), Vitamin B2: 0.05mg (3.06%), Folate: 8.75µg (2.19%), Magnesium: 7.77mg (1.94%), Vitamin B6: 0.04mg (1.84%), Potassium: 51.93mg (1.48%), Vitamin E: 0.21mg (1.38%), Vitamin B5: 0.13mg (1.34%)