



Creamy Crab and Red Pepper Spread

READY IN



130 min.

SERVINGS



22

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

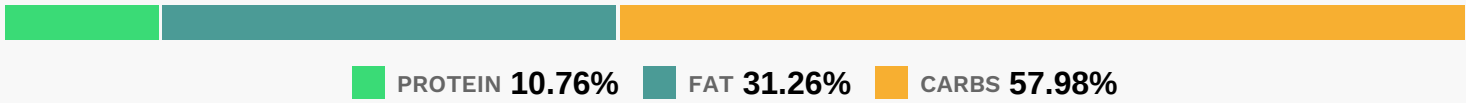
- ☐ 1 tablespoon grey poupon dijon mustard
- ☐ 2 green onions divided thinly sliced
- ☐ 6 ounce lump crab meat drained canned
- ☐ 1 small bell pepper red finely chopped
- ☐ 22 servings ritz reduced fat crackers
- ☐ 0.5 cup milk sharp cheddar cheese shredded 2% kraft
- ☐ 8 ounce philadelphia

Equipment

Directions

- ☐ Reserve 2 tablespoons 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:6.82, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:2.7343478529997%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 163.05kcal (8.15%), Fat: 5.86g (9.01%), Saturated Fat: 2.59g (16.17%), Carbohydrates: 24.43g (8.14%), Net Carbohydrates: 24.31g (8.84%), Sugar: 7.8g (8.67%), Cholesterol: 16.23mg (5.41%), Sodium: 293.25mg (12.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.07%), Vitamin B12: 0.75µg (12.43%), Selenium: 4.67µg (6.67%), Vitamin C: 5.05mg (6.13%), Vitamin A: 282.71IU (5.65%), Phosphorus: 41.74mg (4.17%), Zinc: 0.62mg (4.15%), Copper: 0.08mg (3.8%), Calcium: 33.16mg (3.32%), Vitamin K: 2.71µg (2.58%), Vitamin B2: 0.04mg (2.5%), Folate: 7.16µg (1.79%), Magnesium: 6.36mg (1.59%), Vitamin B6: 0.03mg (1.5%), Potassium: 42.49mg (1.21%), Vitamin E: 0.17mg (1.13%), Vitamin B5: 0.11mg (1.1%)