



Creamy Crab Cheesecake

READY IN



20 min.

SERVINGS



20

CALORIES



256 kcal

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 1 cup round buttery crackers crushed cornbread-flavored (14)
- ☐ 20 servings round buttery crackers assorted
- ☐ 16 oz cream cheese softened
- ☐ 3 large eggs
- ☐ 0.3 teaspoon garlic powder
- ☐ 1.5 teaspoons hot sauce
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 12 oz fancy lump crabmeat rinsed drained canned

- ☐ 1 teaspoon old bay seasoning
- ☐ 2 tablespoons onion finely chopped
- ☐ 1 sprigs garnishes: parsley parsley fresh chopped
- ☐ 0.5 teaspoon seasoned pepper blend
- ☐ 0.8 cup cup heavy whipping cream sour divided

Equipment

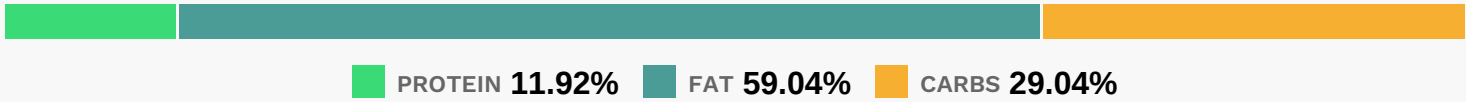
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Combine cracker crumbs and melted butter, and press onto bottom of a lightly greased 9-inch springform pan.
- ☐ Bake at 350 for 8 to 10 minutes or until lightly browned.
- ☐ Remove to a wire rack to cool 5 minutes. Reduce oven temperature to 32
- ☐ Beat cream cheese and 1/4 cup sour cream at medium speed with an electric mixer 1 to 2 minutes or until smooth.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.
- ☐ Add onion and next 6 ingredients, beating just until blended. Fold in crabmeat.
- ☐ Pour mixture into prepared crust.
- ☐ Bake at 325 for 40 minutes or until center is set.
- ☐ Let cool on a wire rack 10 minutes. Gently run a knife around edge of springform pan to loosen sides.
- ☐ Let cool 1 more hour.
- ☐ Spread remaining 1/2 cup sour cream evenly over top of cheesecake; cover and chill at least 12 hours or up to 24 hours.
- ☐ Let cheesecake stand at room temperature 30 minutes before serving.

- ☐
- Remove sides of springform pan.
- ☐
- Garnish, if desired. Slice cheesecake into wedges, and serve with assorted crackers.

Nutrition Facts



Properties

Glycemic Index:8.65, Glycemic Load:0.37, Inflammation Score:-4, Nutrition Score:8.1521738301153%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 255.64kcal (12.78%), Fat: 16.86g (25.93%), Saturated Fat: 8.1g (50.63%), Carbohydrates: 18.65g (6.22%), Net Carbohydrates: 17.96g (6.53%), Sugar: 4.46g (4.96%), Cholesterol: 74.3mg (24.77%), Sodium: 460.29mg (20.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.66g (15.31%), Vitamin B12: 1.7µg (28.27%), Selenium: 12.58µg (17.96%), Phosphorus: 174.24mg (17.42%), Vitamin K: 10.93µg (10.41%), Vitamin B2: 0.17mg (10.19%), Copper: 0.2mg (9.94%), Vitamin A: 482.76IU (9.66%), Zinc: 1.44mg (9.58%), Calcium: 85.58mg (8.56%), Folate: 32.41µg (8.1%), Vitamin B1: 0.11mg (7.47%), Manganese: 0.14mg (6.97%), Iron: 1.25mg (6.93%), Vitamin E: 0.98mg (6.53%), Vitamin B3: 1.25mg (6.24%), Vitamin B5: 0.47mg (4.68%), Magnesium: 17.81mg (4.45%), Vitamin B6: 0.08mg (3.94%), Potassium: 126.64mg (3.62%), Fiber: 0.7g (2.79%), Vitamin C: 2.3mg (2.79%)