



## Creamy Crab Dip Shooters

READY IN



20 min.

SERVINGS



15

CALORIES



53 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.5 cup cream sour
- 4 oz cream cheese softened (half 8-oz package)
- 6 oz crab meat drained canned
- 2.5 teaspoons seafood seasoning
- 1 teaspoon hot sauce red
- 1.5 teaspoon worcestershire sauce
- 1 serving celery stalks
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- 1 serving pretzel rods

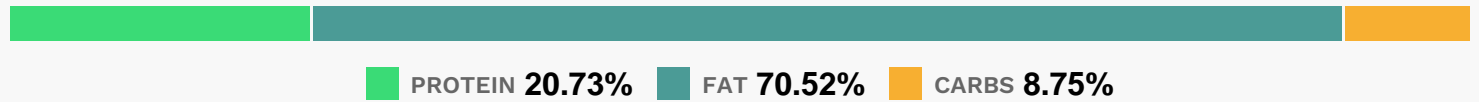
## Equipment

- bowl
- hand mixer

## Directions

- In small bowl, beat sour cream and cream cheese with electric mixer on medium speed.
- Add remaining Dip ingredients; beat until smooth.
- To serve, spoon dip into shot glasses.
- Serve with Dippers.

## Nutrition Facts



## Properties

Glycemic Index:11.6, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:2.79608694302%

## Nutrients (% of daily need)

Calories: 52.95kcal (2.65%), Fat: 4.18g (6.44%), Saturated Fat: 2.32g (14.52%), Carbohydrates: 1.17g (0.39%), Net Carbohydrates: 1.13g (0.41%), Sugar: 0.62g (0.69%), Cholesterol: 16.92mg (5.64%), Sodium: 136.79mg (5.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.53%), Vitamin B12: 1.05µg (17.56%), Selenium: 5.09µg (7.27%), Copper: 0.11mg (5.58%), Zinc: 0.75mg (5%), Phosphorus: 39.83mg (3.98%), Vitamin A: 162.29IU (3.25%), Vitamin K: 3.01µg (2.87%), Calcium: 24.35mg (2.43%), Vitamin B2: 0.04mg (2.18%), Magnesium: 7.88mg (1.97%), Folate: 6.82µg (1.71%), Manganese: 0.03mg (1.47%), Vitamin B6: 0.03mg (1.47%), Potassium: 50.65mg (1.45%), Vitamin C: 1.19mg (1.44%), Iron: 0.23mg (1.3%), Vitamin B5: 0.11mg (1.09%)