



## Creamy Crab Dip Shooters

READY IN



20 min.

SERVINGS



15

CALORIES



83 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

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

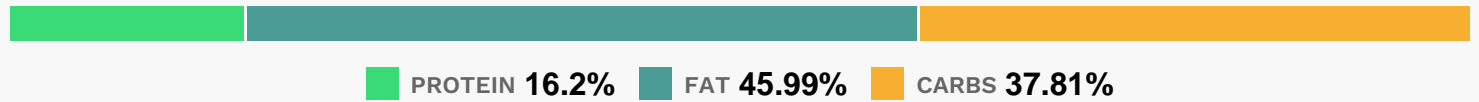
## Equipment

- 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:12.59, Glycemic Load:2.79, Inflammation Score:-10, Nutrition Score:9.766086951546%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 82.9kcal (4.14%), Fat: 4.37g (6.72%), Saturated Fat: 2.35g (14.67%), Carbohydrates: 8.08g (2.69%), Net Carbohydrates: 6.2g (2.25%), Sugar: 3.69g (4.1%), Cholesterol: 16.92mg (5.64%), Sodium: 193.21mg (8.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin A: 10858.02IU (217.16%), Vitamin B12: 1.05µg (17.56%), Vitamin K: 11.74µg (11.18%), Fiber: 1.88g (7.52%), Selenium: 5.2µg (7.43%), Potassium: 259.79mg (7.42%), Copper: 0.14mg (7.1%), Manganese: 0.13mg (6.53%), Phosphorus: 63.63mg (6.36%), Zinc: 0.92mg (6.1%), Vitamin C: 5.01mg (6.07%), Vitamin B6: 0.12mg (5.95%), Folate: 20.98µg (5.25%), Calcium: 46.07mg (4.61%), Vitamin B2: 0.08mg (4.58%), Vitamin B3: 0.84mg (4.19%), Magnesium: 15.92mg (3.98%), Vitamin B1: 0.06mg (3.75%), Vitamin E: 0.53mg (3.53%), Vitamin B5: 0.29mg (2.89%), Iron: 0.47mg (2.62%)