

Creamy Crab Spread

READY IN



10 min.

SERVINGS



4

CALORIES



288 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 6 ounces crabmeat flaked drained canned
- 4 servings round buttery crackers assorted
- 3 ounces cream cheese softened
- 1 tablespoon catsup
- 0.3 cup mayonnaise
- 1 tablespoon onion grated

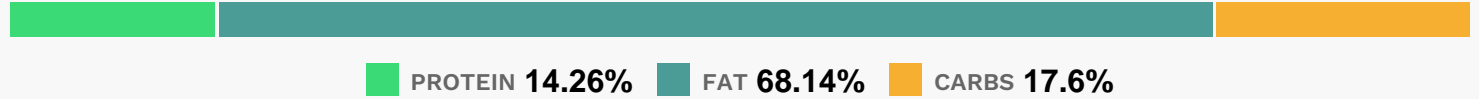
Equipment

- bowl

Directions

- In a small bowl, combine the cream cheese, mayonnaise and ketchup; beat until smooth. Stir in the crab and onion.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.41, Inflammation Score:-4, Nutrition Score:10.111304332381%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 288.42kcal (14.42%), Fat: 21.82g (33.57%), Saturated Fat: 6.89g (43.08%), Carbohydrates: 12.68g (4.23%), Net Carbohydrates: 12.25g (4.46%), Sugar: 3.09g (3.43%), Cholesterol: 68.6mg (22.87%), Sodium: 570.31mg (24.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.28g (20.55%), Selenium: 21.17µg (30.24%), Vitamin K: 31.52µg (30.02%), Vitamin B12: 1.48µg (24.66%), Copper: 0.38mg (18.83%), Phosphorus: 170.58mg (17.06%), Vitamin E: 2.04mg (13.59%), Zinc: 1.86mg (12.37%), Vitamin B3: 2.03mg (10.13%), Folate: 36.63µg (9.16%), Calcium: 86.22mg (8.62%), Vitamin B2: 0.14mg (8.26%), Manganese: 0.13mg (6.41%), Vitamin B5: 0.63mg (6.33%), Vitamin A: 314.79IU (6.3%), Vitamin B1: 0.09mg (5.89%), Iron: 1mg (5.55%), Magnesium: 21.14mg (5.28%), Potassium: 174.23mg (4.98%), Vitamin B6: 0.1mg (4.89%), Vitamin C: 1.74mg (2.11%), Fiber: 0.42g (1.69%)