



Creamy Mexican Crab Dip

 Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce block nonfat cream cheese
- ☐ 6 ounce lump crab meat undrained canned
- ☐ 8 ounce neufchâtel cheese
- ☐ 0.5 cup salsa

Equipment

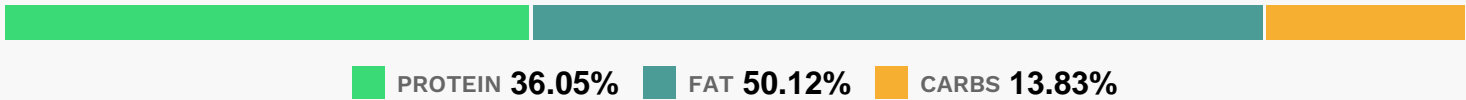
- ☐ bowl
- ☐ whisk
- ☐ sieve

- ☐ wax paper
- ☐ microwave

Directions

- ☐ Place cheeses in a microwave-safe bowl, and cover with wax paper. Microwave at MEDIUM (50% power) 2 to 3 minutes or until softened, stirring with a wire whisk until smooth.
- ☐ Drain crabmeat through a sieve into a bowl, reserving 1 tablespoon liquid.
- ☐ Add reserved liquid, crabmeat, and salsa to cheese; stir well.
- ☐ Serve warm or at room temperature with baked tortilla chips, raw vegetables, or breadsticks.

Nutrition Facts



Properties

Glycemic Index:0.84, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.8617391197578%

Nutrients (% of daily need)

Calories: 31.02kcal (1.55%), Fat: 1.73g (2.65%), Saturated Fat: 0.96g (5.99%), Carbohydrates: 1.07g (0.36%), Net Carbohydrates: 1g (0.36%), Sugar: 0.77g (0.85%), Cholesterol: 8.33mg (2.78%), Sodium: 144.51mg (6.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Vitamin B12: 0.57µg (9.45%), Phosphorus: 59.79mg (5.98%), Calcium: 36.75mg (3.68%), Selenium: 2.53µg (3.62%), Zinc: 0.49mg (3.26%), Copper: 0.06mg (2.81%), Vitamin B2: 0.03mg (1.96%), Vitamin A: 84.14IU (1.68%), Folate: 5.97µg (1.49%), Potassium: 51.8mg (1.48%), Magnesium: 5.48mg (1.37%), Vitamin B5: 0.13mg (1.27%), Vitamin B6: 0.02mg (1.08%)