



Cruisin' Crab Dip

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



375 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4.5 ounce chiles green drained chopped canned
- ☐ 16 ounce cream cheese softened
- ☐ 1 small clove garlic minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon hot sauce
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 pound lump crab meat fresh drained
- ☐ 6 servings garnish: parsley fresh chopped

- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 cup tomatoes seeded chopped
- ☐ 0.3 cup whipping cream
- ☐ 1 teaspoon worcestershire sauce

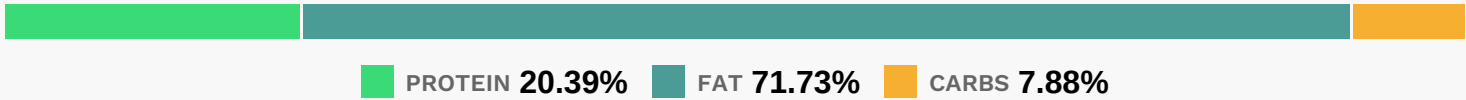
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 11 ingredients in a large nonstick skillet; place over low heat, and cook, stirring constantly, until mixture is smooth and bubbly. Gently fold in crabmeat. Spoon into serving bowl, and garnish, if desired.
- ☐ Serve with French bread slices toasted with Casino Butter.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:1.48, Inflammation Score:-8, Nutrition Score:21.59869555805%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 375.35kcal (18.77%), Fat: 30.21g (46.48%), Saturated Fat: 17.64g (110.28%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 6.6g (2.4%), Sugar: 4.07g (4.52%), Cholesterol: 119.31mg (39.77%), Sodium: 1087.65mg (47.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.32g (38.64%), Vitamin B12: 6.99µg (116.43%),

Vitamin K: 69.7µg (66.39%), Selenium: 34.48µg (49.25%), Copper: 0.74mg (36.92%), Vitamin A: 1787.17IU (35.74%), Zinc: 5.02mg (33.46%), Vitamin C: 24.13mg (29.25%), Phosphorus: 265.04mg (26.5%), Folate: 62.99µg (15.75%), Vitamin B2: 0.24mg (14.36%), Calcium: 133.19mg (13.32%), Magnesium: 50.98mg (12.75%), Potassium: 387.39mg (11.07%), Vitamin B6: 0.22mg (11%), Vitamin B5: 0.79mg (7.88%), Iron: 1.22mg (6.78%), Vitamin B3: 1.26mg (6.32%), Vitamin E: 0.94mg (6.27%), Vitamin B1: 0.07mg (4.68%), Manganese: 0.09mg (4.57%), Fiber: 0.86g (3.45%), Vitamin D: 0.16µg (1.06%)