

Delicious Krabby Salad Dip

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 stalks celery minced
- 2 tablespoons parsley fresh chopped
- 1 pinch garlic powder
- 1 pound imitation crabmeat chopped
- 0.5 cup mayonnaise
- 1 teaspoon mustard
- 2 tablespoons onion minced
- 0.3 teaspoon pepper

12 servings lawry's seasoned salt

Equipment

bowl

Directions

In a large bowl, stir together the crabmeat, celery, onion, parsley, mustard, mayonnaise, pepper, and garlic powder. Season to taste with seasoned salt, fold in black olives if using. Cover, and refrigerate for at least 45 minutes. Taste before serving and adjust seasonings to taste.

Nutrition Facts



PROTEIN 9.03% **FAT 62.59%** **CARBS 28.38%**

Properties

Glycemic Index:17.5, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:1.8534782707043%

Flavonoids

Apigenin: 1.63mg, Apigenin: 1.63mg, Apigenin: 1.63mg, Apigenin: 1.63mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 103.11kcal (5.16%), Fat: 7.02g (10.79%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 6.55g (2.38%), Sugar: 1.47g (1.64%), Cholesterol: 8.08mg (2.69%), Sodium: 475.86mg (20.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.55%), Vitamin K: 28.18µg (26.84%), Fiber: 0.6g (2.41%), Vitamin E: 0.33mg (2.21%), Vitamin A: 92.72IU (1.85%), Vitamin C: 1.22mg (1.48%), Folate: 4.24µg (1.06%)