



Deviled Crabmeat Spread

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



16

CALORIES



81 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 tsp grey poupon dijon mustard
- 1 tsp juice of lemon fresh
- 1 lb lump crab meat flaked cooked
- 0.5 cup real mayo mayonnaise kraft
- 2 Tbsp onion finely chopped
- 0.3 cup and/or pepper green red finely chopped
- 0.5 tsp pepper sauce hot

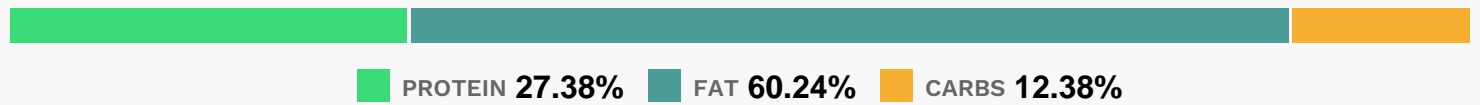
Equipment

bowl

Directions

- Mix mayo, mustard, lemon juice and hot pepper sauce in medium bowl.
- Add crabmeat, peppers and onion; mix lightly. Cover.
- Refrigerate at least 1 hour or until chilled.
- Serve with cut-up fresh vegetables and/or your favorite crackers. Store leftover spread in refrigerator.

Nutrition Facts



Properties

Glycemic Index:8.81, Glycemic Load:0.5, Inflammation Score:-2, Nutrition Score:7.3478260908438%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 81.47kcal (4.07%), Fat: 5.54g (8.52%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 2.56g (0.85%), Net Carbohydrates: 1.59g (0.58%), Sugar: 0.13g (0.15%), Cholesterol: 14.85mg (4.95%), Sodium: 289.65mg (12.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.33%), Vitamin B12: 2.56µg (42.66%), Manganese: 0.48mg (24.24%), Vitamin K: 17.47µg (16.64%), Copper: 0.31mg (15.63%), Selenium: 10.77µg (15.39%), Zinc: 1.75mg (11.64%), Phosphorus: 70.14mg (7.01%), Magnesium: 20.58mg (5.15%), Fiber: 0.97g (3.89%), Folate: 13.78µg (3.45%), Potassium: 111.19mg (3.18%), Iron: 0.55mg (3.05%), Calcium: 30.49mg (3.05%), Vitamin C: 2.31mg (2.8%), Vitamin B6: 0.06mg (2.8%), Vitamin E: 0.27mg (1.8%), Vitamin B3: 0.36mg (1.79%), Vitamin B5: 0.17mg (1.66%), Vitamin B2: 0.02mg (1.23%), Vitamin B1: 0.02mg (1.21%)