



Double Cheese Crab Dip

 Gluten Free

READY IN



30 min.

SERVINGS



3

CALORIES



657 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 8 ounce pasteurized crabmeat refrigerated canned
- ☐ 8 ounce cream cheese softened
- ☐ 0.3 cup olives pitted ripe sliced
- ☐ 3 servings pita triangles fresh
- ☐ 1 cup & chunky salsa thick pace®
- ☐ 1 cup cheddar cheese shredded

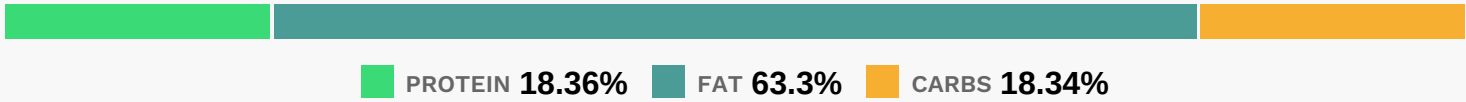
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat the oven to 350 degrees F.
- ☐ Stir the picante sauce and chili powder in a small bowl.
- ☐ Spread the cream cheese in the bottom of a 9-inch pie plate. Top with the picante sauce mixture, crabmeat, Cheddar cheese and olives.
- ☐ Bake for 15 minutes or until the mixture is hot and bubbling. Top with additional picante sauce.
- ☐ Serve with the pita triangles, tortilla chips or fresh vegetables for dipping.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:1.37, Inflammation Score:-9, Nutrition Score:26.086956490641%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 657.26kcal (32.86%), Fat: 47.04g (72.37%), Saturated Fat: 23.62g (147.63%), Carbohydrates: 30.68g (10.23%), Net Carbohydrates: 27.01g (9.82%), Sugar: 6.6g (7.33%), Cholesterol: 145.77mg (48.59%), Sodium: 1962.53mg (85.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.69g (61.39%), Vitamin B12: 7.37µg (122.82%), Selenium: 46.93µg (67.04%), Phosphorus: 512.15mg (51.21%), Zinc: 6.85mg (45.68%), Calcium: 436.41mg (43.64%), Vitamin A: 2069.57IU (41.39%), Copper: 0.83mg (41.34%), Vitamin B2: 0.43mg (25.11%), Vitamin E: 3.66mg (24.41%), Magnesium: 92.77mg (23.19%), Vitamin B6: 0.4mg (20.09%), Potassium: 575.3mg (16.44%), Fiber: 3.68g (14.7%), Folate: 55.33µg (13.83%), Vitamin B5: 1.37mg (13.66%), Vitamin K: 12.85µg (12.23%), Vitamin B3: 2.23mg (11.15%), Vitamin B1: 0.13mg (8.96%), Iron: 1.55mg (8.61%), Vitamin C: 6.94mg (8.42%), Manganese: 0.15mg (7.39%), Vitamin D: 0.23µg (1.51%)