



Drunken Goat Cheese Crab Dip

READY IN



45 min.

SERVINGS



6

CALORIES



470 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 pound claw crabmeat for shells and cartilage
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 8 ounces drunken goat cheese grated
- ☐ 1 cup half-and-half
- ☐ 8 ounces cream cheese cubed at room temperature reduced-fat
- ☐ 0.3 cup panko breadcrumbs
- ☐ 0.5 teaspoon paprika

- ☐ 6 servings pita chips whole-wheat for serving
- ☐ 1 shallots finely chopped

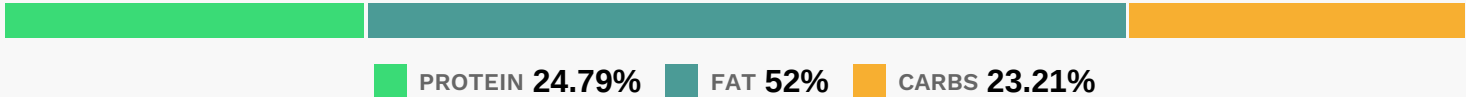
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ casserole dish

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Melt the butter over medium-high heat in a large skillet. Once foaming, add the shallots and cook until softened, 3 to 4 minutes.
- ☐ Add the garlic and cook until fragrant, 1 minute.
- ☐ Add the half-and-half and bring to a simmer.
- ☐ Whisk in the cream cheese in increments. Once incorporated and smooth, add all but 1/4 cup of the goat cheese in handfuls and whisk until melted.
- ☐ Remove from the heat and stir in the crabmeat and 2 tablespoons of the chopped parsley.
- ☐ Pour into a 1 1/2-quart casserole dish.
- ☐ Mix together the panko, remaining 1/4 cup grated cheese, remaining 2 tablespoons parsley and the paprika in a small bowl.
- ☐ Sprinkle the top of the dip with the mixture.
- ☐ Bake until bubbly and hot, 20 minutes.
- ☐ Serve with whole wheat pita chips.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:0.34, Inflammation Score:-8, Nutrition Score:25.242608744165%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 470.01kcal (23.5%), Fat: 27.07g (41.65%), Saturated Fat: 14.67g (91.66%), Carbohydrates: 27.18g (9.06%), Net Carbohydrates: 25.7g (9.34%), Sugar: 6.07g (6.75%), Cholesterol: 93.7mg (31.23%), Sodium: 1221.11mg (53.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.03g (58.06%), Vitamin B12: 7.32µg (121.95%), Selenium: 41.6µg (59.43%), Copper: 1.05mg (52.42%), Vitamin K: 43.64µg (41.56%), Phosphorus: 404.83mg (40.48%), Zinc: 5.6mg (37.31%), Vitamin B2: 0.43mg (25.23%), Vitamin A: 1169.66IU (23.39%), Folate: 92.15µg (23.04%), Calcium: 205.34mg (20.53%), Vitamin B1: 0.28mg (18.37%), Vitamin B3: 3.29mg (16.46%), Iron: 2.92mg (16.23%), Magnesium: 64.47mg (16.12%), Manganese: 0.32mg (15.97%), Vitamin E: 2.39mg (15.94%), Vitamin B6: 0.32mg (15.88%), Vitamin C: 9.78mg (11.86%), Vitamin B5: 1.15mg (11.52%), Potassium: 390.38mg (11.15%), Fiber: 1.48g (5.93%), Vitamin D: 0.26µg (1.76%)