

## Fantastic Crab Dip

 Gluten Free

READY IN



19 min.

SERVINGS



6

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 ounce cream cheese softened
- 2 cloves garlic minced
- 2 green onions chopped
- 1 pinch ground pepper black
- 6 ounces imitation crabmeat diced
- 1 teaspoon juice of lemon
- 1 pinch salt
- 1 teaspoon worcestershire sauce

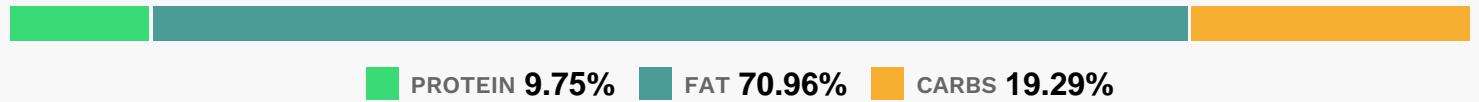
# Equipment

- bowl
- microwave

# Directions

- In a medium bowl, mix cream cheese until soft and smooth. Blend in lemon juice, Worcestershire sauce, and salt and pepper.
- Mix in garlic, onions, and crab meat. Store, covered, in refrigerator until ready to use.
- To serve warm, heat in microwave for 3 to 4 minutes.

# Nutrition Facts



# Properties

Glycemic Index:20.17, Glycemic Load:0.72, Inflammation Score:-4, Nutrition Score:2.6465217121269%

# Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

# Nutrients (% of daily need)

Calories: 164.13kcal (8.21%), Fat: 13.02g (20.03%), Saturated Fat: 7.64g (47.74%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 7.52g (2.73%), Sugar: 2.58g (2.87%), Cholesterol: 41.3mg (13.77%), Sodium: 298.3mg (12.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.05%), Vitamin A: 548.55IU (10.97%), Vitamin K: 9.13µg (8.69%), Vitamin B2: 0.09mg (5.45%), Selenium: 3.42µg (4.89%), Phosphorus: 44.15mg (4.41%), Calcium: 42.55mg (4.26%), Vitamin E: 0.35mg (2.33%), Vitamin B5: 0.23mg (2.26%), Potassium: 74.03mg (2.12%), Vitamin C: 1.52mg (1.84%), Vitamin B6: 0.04mg (1.82%), Fiber: 0.44g (1.77%), Folate: 6.24µg (1.56%), Manganese: 0.03mg (1.48%), Zinc: 0.22mg (1.46%), Vitamin B12: 0.08µg (1.39%), Magnesium: 4.66mg (1.17%)