



Garlic Crab Artichoke Dip

 **Gluten Free**

READY IN

ready

35 min.

SERVINGS

servings

12

CALORIES

calories

220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 6 ounce crab meat drained canned
- ☐ 1 cup mayonnaise
- ☐ 1 ounce garlic and mushroom soup mix
- ☐ 8 ounces cup heavy whipping cream sour
- ☐ 1 cup swiss cheese shredded

Equipment

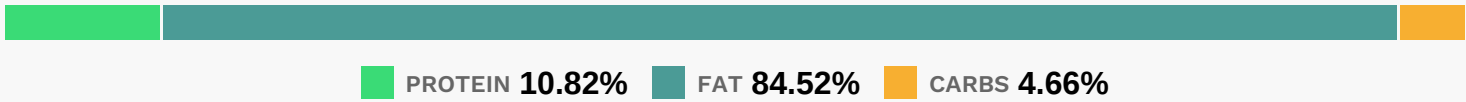
- ☐ oven

☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a 1-1/2 quart casserole dish, combine mayonnaise, sour cream, soup mix, artichoke hearts, cheese and crab meat.
- ☐ Mix well.
- ☐ Bake uncovered for 30 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.08, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:5.622173871683%

Nutrients (% of daily need)

Calories: 219.93kcal (11%), Fat: 20.54g (31.59%), Saturated Fat: 5.76g (36%), Carbohydrates: 2.54g (0.85%), Net Carbohydrates: 1.98g (0.72%), Sugar: 1.06g (1.18%), Cholesterol: 41.11mg (13.7%), Sodium: 343.18mg (14.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.83%), Vitamin K: 30.88µg (29.41%), Selenium: 10.05µg (14.36%), Vitamin B12: 0.81µg (13.43%), Calcium: 113.63mg (11.36%), Phosphorus: 105.76mg (10.58%), Zinc: 1.05mg (6.99%), Vitamin E: 1mg (6.66%), Copper: 0.13mg (6.5%), Vitamin B2: 0.08mg (4.76%), Vitamin A: 204.86IU (4.1%), Vitamin B5: 0.31mg (3.11%), Magnesium: 10.62mg (2.66%), Folate: 10.41µg (2.6%), Vitamin B3: 0.5mg (2.52%), Fiber: 0.57g (2.27%), Vitamin B6: 0.04mg (2.23%), Potassium: 77.64mg (2.22%)