



Garlic Crab Artichoke Dip

 **Gluten Free**

READY IN



35 min.

SERVINGS



12

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce artichoke hearts drained chopped canned
- 6 ounce crabmeat drained canned
- 1 cup mayonnaise
- 1 ounce mushrooms
- 8 ounces 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

PROTEIN 10.82% **FAT 84.52%** **CARBS 4.66%**

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: 0g (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%)