



Great Hot Crab Dip

 Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 0.3 pound crab meat
- ☐ 8 ounce cream cheese softened
- ☐ 0.5 teaspoon horseradish prepared
- ☐ 2 tablespoons cocktail sauce
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon onion minced

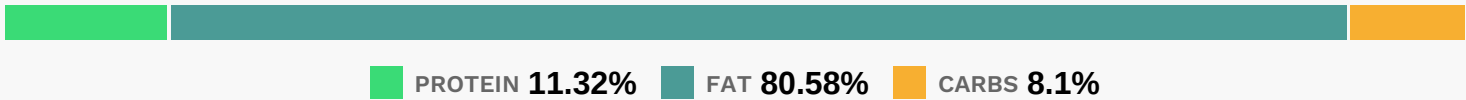
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a mixing bowl, combine the softened cream cheese, crabmeat, onion, mayonnaise, cocktail sauce and horseradish.
- ☐ Mix thoroughly.
- ☐ Place mixture in a small casserole dish. Top mixture with sliced almonds.
- ☐ Bake in a preheated oven for 30 minutes or until bubbly

Nutrition Facts



Properties

Glycemic Index:12.42, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:4.078695613243%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 131.5kcal (6.57%), Fat: 11.97g (18.41%), Saturated Fat: 4.52g (28.24%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 2.21g (0.8%), Sugar: 1.53g (1.7%), Cholesterol: 25.02mg (8.34%), Sodium: 198.93mg (8.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.56%), Vitamin B12: 0.9µg (14.96%), Vitamin E: 1.3mg (8.65%), Vitamin K: 8.01µg (7.63%), Selenium: 5.34µg (7.63%), Copper: 0.13mg (6.57%), Phosphorus: 60.64mg (6.06%), Vitamin B2: 0.09mg (5.43%), Zinc: 0.79mg (5.24%), Vitamin A: 259.18IU (5.18%), Manganese: 0.09mg (4.73%), Magnesium: 16.87mg (4.22%), Calcium: 33.67mg (3.37%), Potassium: 74.99mg (2.14%), Folate: 8.06µg (2.01%), Fiber: 0.5g (2%), Vitamin B5: 0.17mg (1.68%), Vitamin B6: 0.03mg (1.58%), Vitamin B3: 0.26mg (1.31%), Iron:

0.23mg (1.28%), Vitamin B1: 0.02mg (1.14%)