



Hot Artichoke Crab Dip

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



837 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup mayonnaise
- 1 cup cream sour
- 1 cup parmesan fresh shredded grated (NOT)
- 8 ounces cream cheese
- 3 cloves garlic crushed to taste ()
- 0.5 cup onion chopped
- 4 ounce artichoke hearts chopped quartered canned
- 4 ounces imitation crab fresh

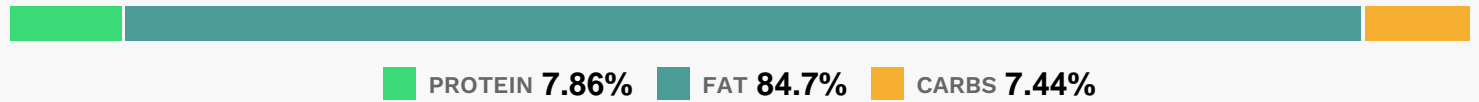
Equipment

- oven
- microwave

Directions

- Soften cream cheese in microwave oven, then add all other ingredients.
- Mix well and bake in a 350 degree oven for 25 – 30 minutes.
- Serve with sliced baguette.
- A crowd pleaser!

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:1.84, Inflammation Score:-7, Nutrition Score:13.891304347826%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Taste

Sweetness: 8.71%, Saltiness: 47.37%, Sourness: 18.43%, Bitterness: 8.07%, Savoriness: 5.5%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 837.06kcal (41.85%), Fat: 79.04g (121.59%), Saturated Fat: 27.93g (174.54%), Carbohydrates: 15.61g (5.2%), Net Carbohydrates: 14.47g (5.26%), Sugar: 6.64g (7.37%), Cholesterol: 134.83mg (44.94%), Sodium: 1217.14mg (52.92%), Protein: 16.51g (33.01%), Vitamin K: 93.88µg (89.41%), Calcium: 422.23mg (42.22%), Phosphorus: 298.87mg (29.89%), Vitamin A: 1351.95IU (27.04%), Selenium: 14.34µg (20.48%), Vitamin B2: 0.33mg (19.32%), Vitamin E: 2.6mg (17.36%), Vitamin B12: 0.61µg (10.21%), Zinc: 1.3mg (8.7%), Vitamin B5: 0.76mg (7.64%), Vitamin B6: 0.13mg (6.72%), Potassium: 219.14mg (6.26%), Magnesium: 24.98mg (6.24%), Fiber: 1.14g (4.54%), Manganese: 0.08mg (4.25%), Folate: 16.97µg (4.24%), Vitamin B1: 0.05mg (3.57%), Vitamin C: 2.7mg (3.27%), Iron: 0.51mg (2.81%), Copper: 0.05mg (2.69%), Vitamin D: 0.24µg (1.58%), Vitamin B3: 0.21mg (1.06%)