



Hot Crab and Artichoke Dip

READY IN



45 min.

SERVINGS



8

CALORIES



327 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon celery salt
- ☐ 2 tablespoons flour all-purpose
- ☐ 9 ounce artichoke hearts frozen
- ☐ 1.3 cups half and half
- ☐ 1.5 tablespoons jalapeno minced drained
- ☐ 1.5 teaspoons juice of lemon fresh to taste
- ☐ 0.8 pound lump crab meat picked over
- ☐ 0.5 cup parmesan finely grated
- ☐ 8 servings wholewheat pita breads

- ☐ 1 bell pepper red finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 3 spring onion thinly sliced
- ☐ 3 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 375°F.
- ☐ Cook artichoke hearts according to package instructions, then drain well and finely chop. Cook bell pepper in 1 tablespoon butter in a 2- to 3-quart heavy saucepan over moderately low heat, stirring occasionally, until softened, about 5 minutes. Stir in artichokes and transfer mixture to a bowl.
- ☐ Melt remaining 2 tablespoons butter in saucepan over moderately low heat, then add flour and cook roux, stirring, 3 minutes.
- ☐ Add half-and-half in a stream, whisking, and bring to a boil, whisking. Reduce heat and simmer, whisking, 3 minutes.
- ☐ Remove from heat and stir in artichoke mixture, scallions, 1/3 cup parmesan, lemon juice, jalapeños, salt, and celery salt. Gently stir in crab.
- ☐ Transfer to a buttered 1 1/2-quart shallow baking dish and sprinkle with remaining parmesan.
- ☐ Bake dip in middle of oven until bubbling, 20 to 25 minutes.
- ☐ Serve warm.
- ☐ Dip can be prepared (but not baked) 1 day ahead and chilled, covered.

Nutrition Facts



 **PROTEIN 21.6%**  **FAT 31.35%**  **CARBS 47.05%**

Properties

Glycemic Index:36.88, Glycemic Load:30.44, Inflammation Score:-7, Nutrition Score:17.359565123268%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 326.67kcal (16.33%), Fat: 11.37g (17.49%), Saturated Fat: 6.56g (41%), Carbohydrates: 38.4g (12.8%), Net Carbohydrates: 35.37g (12.86%), Sugar: 2.49g (2.77%), Cholesterol: 46.63mg (15.54%), Sodium: 1013.88mg (44.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.63g (35.25%), Vitamin B12: 3.98µg (66.38%), Vitamin C: 28.59mg (34.66%), Selenium: 18.9µg (27%), Copper: 0.52mg (26.01%), Phosphorus: 254.87mg (25.49%), Zinc: 3.5mg (23.33%), Folate: 88.17µg (22.04%), Manganese: 0.4mg (20.18%), Calcium: 194.59mg (19.46%), Vitamin A: 914.16IU (18.28%), Vitamin B1: 0.23mg (15.13%), Vitamin B2: 0.24mg (14.16%), Magnesium: 54.23mg (13.56%), Fiber: 3.04g (12.15%), Vitamin B3: 2.32mg (11.59%), Vitamin K: 11.54µg (10.99%), Potassium: 343.77mg (9.82%), Vitamin B6: 0.19mg (9.64%), Iron: 1.49mg (8.29%), Vitamin B5: 0.64mg (6.43%), Vitamin E: 0.59mg (3.95%)