



Hot Crab and Jalapeno Dip

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



573 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 0.5 teaspoon celery salt
- ☐ 0.5 pound crab meat
- ☐ 0.3 cup green onions sliced
- ☐ 1 tablespoon jalapeño peppers finely chopped
- ☐ 1.5 teaspoons juice of lemon
- ☐ 1 cup mayonnaise

- ☐ 1.5 teaspoons olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 cup bell pepper red chopped
- ☐ 1 tablespoon worcestershire sauce

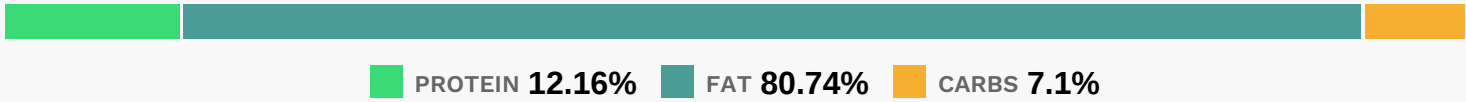
Equipment

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

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Heat the olive oil in a medium saucepan over medium heat. Stir in the red bell pepper. Cook 5 minutes, or until tender.
- ☐ In a medium bowl, mix together red bell pepper, artichoke hearts, mayonnaise, Parmesan cheese, green onions, Worcestershire sauce, jalapeno peppers, celery salt, crabmeat and lemon juice.
- ☐ Transfer the mixture to an 8x8 inch baking dish.
- ☐ Sprinkle with almonds.
- ☐ Bake in the preheated oven 30 minutes, or until bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.6, Inflammation Score:-7, Nutrition Score:22.7843480162%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg,

Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg
Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.27mg, Hesperetin:
0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg,
Naringenin: 0.06mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.2mg,
Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.12mg, Kaempferol: 0.12mg,
Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin:
0.94mg

Nutrients (% of daily need)

Calories: 573.22kcal (28.66%), Fat: 51.14g (78.68%), Saturated Fat: 9.06g (56.6%), Carbohydrates: 10.12g (3.37%),
Net Carbohydrates: 6.97g (2.53%), Sugar: 2.98g (3.31%), Cholesterol: 58.21mg (19.4%), Sodium: 1762.63mg
(76.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.34g (34.67%), Vitamin K: 106.98µg (101.89%),
Vitamin B12: 5.34µg (88.98%), Vitamin C: 34.71mg (42.07%), Selenium: 26.71µg (38.16%), Copper: 0.64mg (31.82%),
Vitamin E: 4.55mg (30.32%), Zinc: 4.32mg (28.83%), Phosphorus: 262.89mg (26.29%), Calcium: 172.79mg (17.28%),
Vitamin A: 847.57IU (16.95%), Magnesium: 58.14mg (14.53%), Fiber: 3.15g (12.6%), Manganese: 0.25mg (12.25%),
Folate: 46.17µg (11.54%), Vitamin B2: 0.19mg (11.46%), Vitamin B6: 0.18mg (9.24%), Potassium: 307.92mg (8.8%),
Iron: 1.21mg (6.74%), Vitamin B3: 1.21mg (6.03%), Vitamin B1: 0.07mg (4.5%), Vitamin B5: 0.45mg (4.49%), Vitamin
D: 0.17µg (1.16%)