



Hot Crab and Shrimp Dip

 Gluten Free

READY IN



25 min.

SERVINGS



5

CALORIES



270 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon lemon pepper
- ☐ 0.5 pound lump crab meat
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup cheese smoked shredded
- ☐ 0.3 pound shrimp cooked chopped
- ☐ 1.5 teaspoons coarse mustard

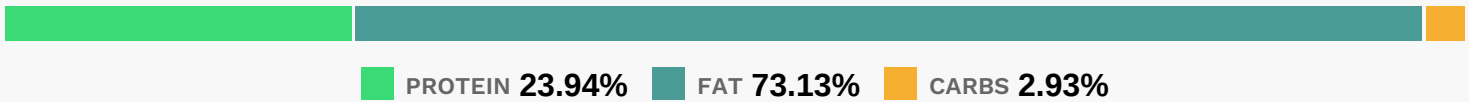
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine first 4 ingredients in a small bowl. Stir in crab, shrimp, and cheese. Spoon mixture into a 3-cup baking dish.
- ☐ Bake at 375 for 15 to 20 minutes or until bubbly.
- ☐ Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:31.2, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:13.024782553963%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 269.77kcal (13.49%), Fat: 21.93g (33.74%), Saturated Fat: 3.91g (24.41%), Carbohydrates: 1.98g (0.66%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.5g (0.56%), Cholesterol: 70.87mg (23.62%), Sodium: 612.01mg (26.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.15g (32.3%), Vitamin B12: 4.28µg (71.32%), Vitamin K: 36.87µg (35.12%), Copper: 0.58mg (28.96%), Selenium: 19.13µg (27.33%), Zinc: 3.47mg (23.1%), Phosphorus: 211.53mg (21.15%), Vitamin E: 2.33mg (15.52%), Magnesium: 49.56mg (12.39%), Manganese: 0.19mg (9.46%), Calcium: 93mg (9.3%), Vitamin B2: 0.12mg (6.85%), Folate: 24.56µg (6.14%), Potassium: 214.68mg (6.13%), Vitamin B6: 0.09mg (4.36%), Iron: 0.74mg (4.13%), Vitamin C: 3.18mg (3.86%), Vitamin B3: 0.74mg (3.7%), Fiber: 0.88g (3.53%), Vitamin

B1: 0.04mg (2.72%), Vitamin B5: 0.24mg (2.45%), Vitamin A: 77.59IU (1.55%)