



Hot Crab-Artichoke Spread

 Gluten Free

READY IN



45 min.

SERVINGS



28

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz artichoke hearts drained chopped canned
- 12 oz crab meat drained canned
- 3 green onions sliced
- 1 cup real mayo mayonnaise kraft
- 2 tsp olive oil
- 0.5 cup parmesan cheese grated kraft
- 1 bell pepper red chopped

Equipment

frying pan

oven

Directions

Heat oven to 375F.

Cook peppers and onions in hot oil in large skillet on medium heat until pepper are crisp-tender, stirring frequently.

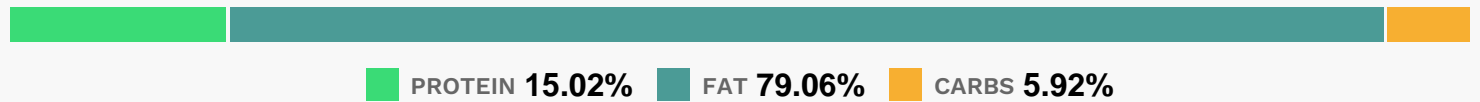
Remove from heat.

Add remaining ingredients; mix well.

Spoon into 1-qt. casserole sprayed with cooking spray.

Bake 25 to 30 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:4.07, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:3.3747825810443%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 79.63kcal (3.98%), Fat: 6.91g (10.63%), Saturated Fat: 1.28g (8.03%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.36g (0.4%), Cholesterol: 16.7mg (5.57%), Sodium: 203.17mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.91%), Vitamin K: 16.17µg (15.4%), Selenium: 6.03µg (8.62%), Vitamin C: 6.08mg (7.37%), Vitamin B12: 0.44µg (7.3%), Copper: 0.1mg (5.15%), Phosphorus: 43.01mg (4.3%), Vitamin E: 0.62mg (4.1%), Zinc: 0.57mg (3.79%), Vitamin A: 166.78IU (3.34%), Calcium: 28.71mg (2.87%), Folate: 9.48µg (2.37%), Vitamin B3: 0.38mg (1.92%), Vitamin B6: 0.03mg (1.71%), Vitamin B5: 0.16mg (1.55%), Magnesium: 5.85mg (1.46%), Potassium: 48.87mg (1.4%), Vitamin B2: 0.02mg (1.39%), Fiber: 0.34g (1.36%)