



Hot Crab Dip

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz crab meat flaked drained canned
- 16 oz philadelphia cream cheese softened
- 2 Tbsp cooking wine dry white
- 0.3 cup green onions sliced
- 1 Tbsp horseradish kraft
- 0.5 cup parmesan cheese shredded kraft
- 1 tsp pepper sauce hot

Equipment

- oven
- hand mixer

Directions

- Preheat oven to 350F.
- Mix all ingredients with electric mixer on medium speed until well blended.
- Spoon into 9-inch pie plate or quiche dish.
- Bake 25 to 30 min. or until lightly browned.
- Serve with assorted crackers.

Nutrition Facts

PROTEIN 20.46% **FAT 73.62%** **CARBS 5.92%**

Properties

Glycemic Index:3.02, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:1.7539130416901%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 46.81kcal (2.34%), Fat: 3.81g (5.87%), Saturated Fat: 2.23g (13.96%), Carbohydrates: 0.69g (0.23%), Net Carbohydrates: 0.66g (0.24%), Sugar: 0.44g (0.48%), Cholesterol: 18.27mg (6.09%), Sodium: 96.35mg (4.19%), Alcohol: 0.07g (100%), Alcohol %: 0.43% (100%), Protein: 2.39g (4.77%), Selenium: 4.37µg (6.25%), Vitamin B12: 0.29µg (4.79%), Phosphorus: 36.63mg (3.66%), Copper: 0.06mg (3.22%), Calcium: 30.47mg (3.05%), Vitamin A: 149.92IU (3%), Zinc: 0.37mg (2.5%), Vitamin B2: 0.03mg (2.04%), Vitamin E: 0.23mg (1.54%), Vitamin B5: 0.14mg (1.39%), Folate: 5.4µg (1.35%), Vitamin K: 1.41µg (1.35%), Vitamin B3: 0.23mg (1.13%), Magnesium: 4.39mg (1.1%), Potassium: 36.89mg (1.05%)