



## Hot Crab Dip

READY IN



25 min.

SERVINGS



8

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 teaspoon crab boil spices (recommended: Old Bay)
- 12 ounces crab meat fresh dry picked over for bits of shell and patted
- 2 tablespoons parsley fresh chopped
- 1 garlic clove minced
- 0.3 teaspoon hot sauce
- 8 servings kosher salt and pepper freshly ground
- 2 teaspoons juice of lemon fresh
- 8 ounces cream cheese room temperature reduced-fat (Neufchatel)
- 0.3 cup cup heavy whipping cream sour reduced-fat

- 2 scallions thinly sliced
- 8 servings round buttery crackers whole-wheat for serving, optional

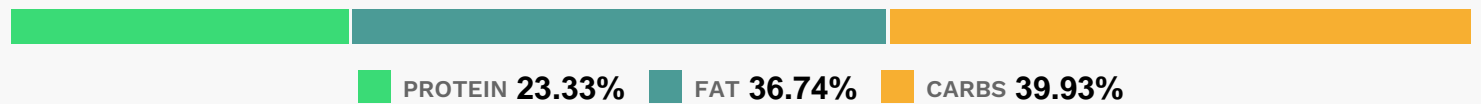
## Equipment

- sauce pan

## Directions

- Stir together the cream cheese, sour cream, hot sauce, crab boil spice, and garlic in a medium saucepan until smooth; season, to taste, with salt and pepper.
- Heat the cream cheese mixture over medium-low heat until warm, stirring constantly, 2 to 3 minutes. Fold in the crab, scallions, parsley and lemon juice and warm until heated through, about 1 minute more.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:11.75, Glycemic Load:0.09, Inflammation Score:-5, Nutrition Score:14.866521832736%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 224.4kcal (11.22%), Fat: 9.33g (14.36%), Saturated Fat: 3.68g (22.97%), Carbohydrates: 22.83g (7.61%), Net Carbohydrates: 19.81g (7.2%), Sugar: 2.12g (2.35%), Cholesterol: 35.68mg (11.89%), Sodium: 858.59mg (37.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.34g (26.67%), Vitamin B12: 4.12µg (68.64%), Manganese: 0.64mg (31.91%), Vitamin K: 31.09µg (29.61%), Selenium: 19.74µg (28.2%), Copper: 0.53mg (26.3%), Phosphorus: 236.49mg (23.65%), Zinc: 3.49mg (23.29%), Magnesium: 56.04mg (14.01%), Fiber: 3.01g (12.06%), Vitamin B3: 1.84mg (9.2%), Folate: 36.52µg (9.13%), Calcium: 86.78mg (8.68%), Potassium: 285.87mg (8.17%), Iron: 1.38mg

(7.65%), Vitamin B6: 0.14mg (6.94%), Vitamin C: 5.64mg (6.83%), Vitamin B5: 0.63mg (6.32%), Vitamin A: 306.38IU (6.13%), Vitamin B1: 0.09mg (5.82%), Vitamin B2: 0.09mg (5.26%), Vitamin E: 0.52mg (3.47%)