

Hot Crab Dip



Gluten Free



Popular

READY IN



30 min.

SERVINGS



10

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 7.5 ounces crab meat canned drained
- ☐ 6 tablespoons cream cheese
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 4 tablespoons onion minced
- ☐ 0.5 teaspoon pepper sauce hot

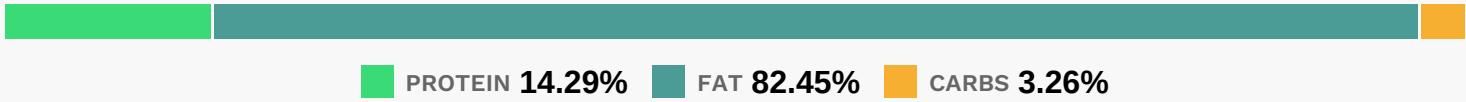
Equipment

- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Beat cream cheese and mayonnaise until smooth. Stir in the crabmeat, minced onion, lemon juice and Tabasco sauce. Spoon mixture into a small oven-proof dish that has been sprayed with cooking spray.
- ☐ Bake at 350 degrees F (175 degrees C) for 20 minutes or until the sauce is bubbly.
- ☐ Serve with crackers, potato chips or tortilla chips. You can also use fresh crabmeat in place of the canned crabmeat.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:4.3565217230631%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 126.21kcal (6.31%), Fat: 11.54g (17.75%), Saturated Fat: 3.11g (19.46%), Carbohydrates: 1.02g (0.34%), Net Carbohydrates: 0.95g (0.35%), Sugar: 0.6g (0.67%), Cholesterol: 34.12mg (11.37%), Sodium: 223.6mg (9.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (9%), Vitamin K: 18.52µg (17.64%), Selenium: 10.15µg (14.5%), Vitamin B12: 0.74µg (12.34%), Copper: 0.18mg (8.93%), Phosphorus: 62.72mg (6.27%), Zinc: 0.88mg (5.85%), Vitamin E: 0.84mg (5.58%), Folate: 13.26µg (3.31%), Vitamin B3: 0.6mg (3%), Calcium: 29.71mg (2.97%), Vitamin B5: 0.29mg (2.88%), Vitamin B2: 0.04mg (2.55%), Vitamin A: 125.04IU (2.5%), Magnesium: 9.05mg (2.26%), Vitamin B6: 0.04mg (2.24%), Potassium: 76.47mg (2.18%), Vitamin C: 1.73mg (2.09%), Manganese: 0.02mg (1.15%)