



WHATSheATE

Hot Crab Dip



Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



531 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon mustard dry
- ☐ 5 to 6 roasted garlic cloves minced
- ☐ 0.3 cup green onions minced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 pound lump crab meat
- ☐ 0.8 cup mayonnaise
- ☐ 0.3 cup parmesan grated
- ☐ 1 cup pepper jack cheese grated

- ☐ 1 teaspoon pepper sauce hot
- ☐ 4 servings salt and pepper
- ☐ 3 tablespoons worcestershire sauce

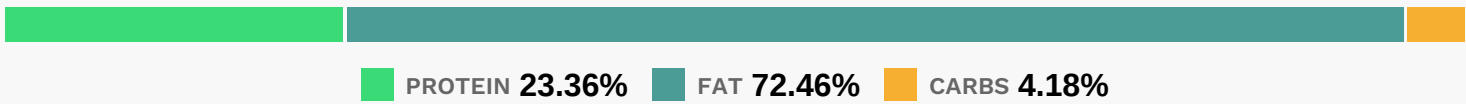
Equipment

- ☐ oven

Directions

- ☐ Preheat oven to 325 degrees F.
- ☐ Combine all of the ingredients in a casserole and gently stir until thoroughly mixed.
- ☐ Bake for 40 minutes.
- ☐ Serve hot with crackers or toast points.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:0.67, Inflammation Score:-6, Nutrition Score:25.420434708181%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 531.39kcal (26.57%), Fat: 42.4g (65.23%), Saturated Fat: 11.45g (71.56%), Carbohydrates: 5.5g (1.83%), Net Carbohydrates: 5.2g (1.89%), Sugar: 2.05g (2.27%), Cholesterol: 94.66mg (31.55%), Sodium: 1872.12mg (81.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.75g (61.51%), Vitamin B12: 10.57µg (176.1%), Vitamin K: 82.48µg (78.56%), Selenium: 48.91µg (69.87%), Copper: 1.11mg (55.53%), Zinc: 7.94mg (52.96%), Phosphorus: 444.9mg (44.49%), Calcium: 367.11mg (36.71%), Vitamin C: 14.96mg (18.13%), Magnesium: 71.79mg (17.95%), Folate: 63.87µg (15.97%), Vitamin B6: 0.26mg (12.86%), Vitamin B2: 0.22mg (12.7%), Potassium: 414.75mg (11.85%), Iron: 1.88mg (10.45%), Vitamin E: 1.54mg (10.28%), Vitamin A: 398.74IU (7.97%), Vitamin B3: 1.46mg (7.32%), Manganese: 0.13mg (6.41%), Vitamin B5: 0.6mg (5.96%), Vitamin B1: 0.08mg (5.58%), Vitamin D: 0.28µg (1.9%), Fiber: 0.3g

(1.22%)