



Hot Crab Dip

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



10

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup celery finely chopped
- 10 servings celery stalks for serving
- 1 pound crab meat fresh
- 3 tablespoons dijon mustard
- 1 tablespoon horseradish
- 10 servings kosher salt to taste
- 6 tablespoons mayonnaise
- 2 teaspoons old bay seasoning

- 0.3 cup onion finely chopped
- 10 servings all the tabasco sauce you handle to taste

Equipment

- bowl
- oven

Directions

- Heat the oven to 400°F and arrange a rack in the middle.
- Place the mayonnaise, mustard, horseradish cream, Old Bay, celery, and onion in a small bowl and mix until well combined. Season with salt and Tabasco sauce, add the crab, and mix until well incorporated.
- Place the crab mixture in a 3-cup ovenproof dish and top with the crumbled cornbread.
- Bake in the oven until golden brown, about 15 minutes.
- Serve immediately with toasts or celery sticks. Beverage pairing: Hugues Beaulieu Picpoul de Pinet, France. With the crab and mayo, this dish has some richness that will be balanced nicely by this wine's racy acidity. Its bright citrus and minerality is like squeezing a lemon on the shellfish.

Nutrition Facts

 **PROTEIN 34.64%**  **FAT 60.59%**  **CARBS 4.77%**

Properties

Glycemic Index:20.8, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:9.1791304939467%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg 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: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 102.02kcal (5.1%), Fat: 6.76g (10.4%), Saturated Fat: 1.05g (6.58%), Carbohydrates: 1.2g (0.4%), Net Carbohydrates: 0.79g (0.29%), Sugar: 0.46g (0.51%), Cholesterol: 22.58mg (7.53%), Sodium: 687.86mg (29.91%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.39%), Vitamin B12: 4.09µg (68.21%), Selenium: 18.34µg (26.2%), Copper: 0.43mg (21.52%), Zinc: 2.78mg (18.52%), Vitamin K: 18.05µg (17.19%), Phosphorus: 109.13mg (10.91%), Magnesium: 26.57mg (6.64%), Folate: 24.14µg (6.03%), Vitamin C: 4.09mg (4.96%), Vitamin B6: 0.09mg (4.29%), Manganese: 0.07mg (3.69%), Potassium: 122.58mg (3.5%), Calcium: 31.65mg (3.17%), Iron: 0.52mg (2.9%), Vitamin B3: 0.56mg (2.79%), Vitamin B1: 0.03mg (2.18%), Vitamin E: 0.31mg (2.05%), Vitamin B5: 0.2mg (2.02%), Vitamin B2: 0.03mg (1.67%), Fiber: 0.41g (1.65%)