

## Hot Crab Dip

READY IN



185 min.

SERVINGS



20

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 20 servings round buttery crackers assorted
- 24 ounces cream cheese cubed
- 4 ounces to 2 chilies slit green chopped canned
- 1 cup spring onion thinly sliced
- 16 ounces imitation crab flaked
- 0.5 cup milk
- 0.3 cup salsa

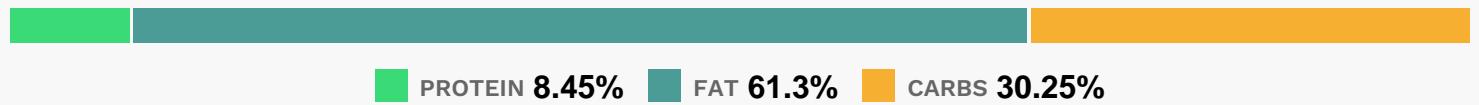
## Equipment

- bowl
- slow cooker

## Directions

- In a small bowl, combine milk and salsa.
- Transfer to a greased 3-qt. slow cooker. Stir in cream cheese, crab, onions and chilies. Cover and cook on low for 3-4 hours, stirring every 30 minutes.
- Serve with crackers.

## Nutrition Facts



## Properties

Glycemic Index:4.85, Glycemic Load:0.69, Inflammation Score:-4, Nutrition Score:4.8408695640771%

## Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 228.29kcal (11.41%), Fat: 15.63g (24.04%), Saturated Fat: 7.86g (49.12%), Carbohydrates: 17.35g (5.78%), Net Carbohydrates: 16.34g (5.94%), Sugar: 4.09g (4.55%), Cholesterol: 37.59mg (12.53%), Sodium: 425.83mg (18.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.7%), Vitamin K: 19.26µg (18.35%), Vitamin A: 537.41IU (10.75%), Phosphorus: 89.48mg (8.95%), Vitamin B2: 0.13mg (7.91%), Calcium: 69.96mg (7%), Vitamin E: 0.93mg (6.23%), Vitamin B1: 0.09mg (5.75%), Selenium: 3.85µg (5.5%), Manganese: 0.1mg (5.16%), Iron: 0.84mg (4.69%), Folate: 17.96µg (4.49%), Vitamin B3: 0.89mg (4.46%), Fiber: 1.01g (4.05%), Vitamin B5: 0.29mg (2.88%), Potassium: 98.08mg (2.8%), Vitamin B6: 0.04mg (2.15%), Zinc: 0.32mg (2.14%), Magnesium: 8.48mg (2.12%), Vitamin C: 1.7mg (2.06%), Vitamin B12: 0.11µg (1.8%), Copper: 0.03mg (1.65%)