



Hot Crab Dip

READY IN



45 min.

SERVINGS



20

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 8 ounce block softened
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup breadcrumbs dry
- ☐ 1 cup curd cottage cheese fat-free
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons green onion chopped
- ☐ 1 teaspoon hot sauce
- ☐ 2 tablespoons juice of lemon

- ☐ 0.5 teaspoon lemon rind grated
- ☐ 1 pound lump crab meat
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons worcestershire sauce

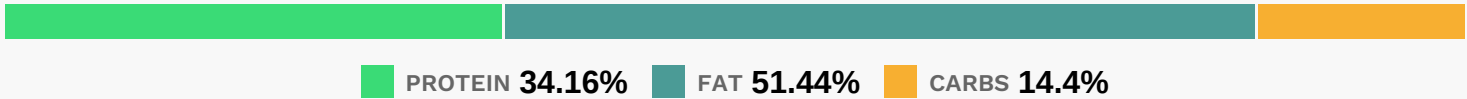
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 9 ingredients in a food processor; process until smooth.
- ☐ Combine cottage cheese mixture, cream cheese, and onion in a large bowl; gently fold in crab.
- ☐ Place crab mixture in an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Bake at 375 for 30 minutes.
- ☐ Sprinkle with Parmesan and breadcrumbs.
- ☐ Bake at 375 for 15 minutes or until lightly golden.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:5.2421739161338%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 75.8kcal (3.79%), Fat: 4.3g (6.62%), Saturated Fat: 2.43g (15.2%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 2.58g (0.94%), Sugar: 0.84g (0.93%), Cholesterol: 22.11mg (7.37%), Sodium: 362.8mg (15.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.86%), Vitamin B12: 2.13µg (35.48%), Selenium: 11.03µg (15.76%), Copper: 0.22mg (11.05%), Zinc: 1.5mg (10.02%), Phosphorus: 90.67mg (9.07%), Vitamin B2: 0.07mg (4.16%), Calcium: 41.46mg (4.15%), Magnesium: 14.88mg (3.72%), Folate: 14.29µg (3.57%), Vitamin A: 169.94IU (3.4%), Vitamin C: 2.6mg (3.16%), Potassium: 88.9mg (2.54%), Vitamin B6: 0.05mg (2.41%), Vitamin B5: 0.21mg (2.1%), Vitamin B1: 0.03mg (2.07%), Vitamin B3: 0.38mg (1.9%), Manganese: 0.03mg (1.64%), Iron: 0.28mg (1.58%), Vitamin K: 1.62µg (1.54%)