



 2%
HEALTH SCORE

Hot Crab Dip

READY IN



45 min.

SERVINGS



4

CALORIES



293 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounces cream cheese softened
- 1 tablespoon milk
- 1 can crabmeat flaked
- 2 tablespoons onion finely chopped
- 0.5 teaspoon horseradish
- 0.1 cup breadcrumbs
- 2 tablespoons butter cut into small bits
- 4 servings pepper

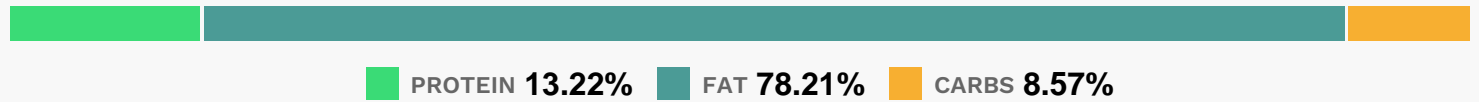
Equipment

- oven
- casserole dish

Directions

- Add all ingredients to softened cream cheese, mix with fork
- Place in small casserole dish
- Cover with breadcrumbs and butter
- Bake 375 for 15 minutes

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:1.05, Inflammation Score:-6, Nutrition Score:7.9808695652174%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Taste

Sweetness: 19.15%, Saltiness: 91.76%, Sourness: 86.13%, Bitterness: 38.28%, Savoriness: 10.29%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 292.71kcal (14.64%), Fat: 25.72g (39.58%), Saturated Fat: 15.23g (95.18%), Carbohydrates: 6.34g (2.11%), Net Carbohydrates: 6.06g (2.2%), Sugar: 2.79g (3.1%), Cholesterol: 103.08mg (34.36%), Sodium: 427.96mg (18.61%), Protein: 9.79g (19.57%), Selenium: 19.32µg (27.6%), Vitamin B12: 1.21µg (20.16%), Vitamin A: 943.76IU (18.88%), Phosphorus: 146.63mg (14.66%), Copper: 0.28mg (13.84%), Vitamin B2: 0.18mg (10.72%), Zinc: 1.56mg (10.4%), Calcium: 97.85mg (9.78%), Vitamin E: 1.23mg (8.21%), Vitamin B5: 0.68mg (6.83%), Folate: 26.18µg (6.55%), Vitamin B3: 1.15mg (5.76%), Potassium: 179.87mg (5.14%), Magnesium: 19.23mg (4.81%), Vitamin B6: 0.09mg (4.69%), Manganese: 0.08mg (4.03%), Vitamin B1: 0.06mg (3.85%), Iron: 0.41mg (2.25%), Vitamin K: 2.2µg (2.1%), Vitamin C: 1.56mg (1.89%), Fiber: 0.28g (1.13%)