



Hot Crab Dip

READY IN



45 min.

SERVINGS



6

CALORIES



552 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings bread rounds french toasted
- ☐ 1 pound crab meat fresh drained
- ☐ 16 ounce cream cheese softened
- ☐ 1 teaspoon mustard dry
- ☐ 0.3 teaspoon garlic salt
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup mayonnaise
- ☐ 6 servings garnish: parsley fresh chopped
- ☐ 4 ounces cheddar cheese shredded

- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 1 tablespoon worcestershire sauce

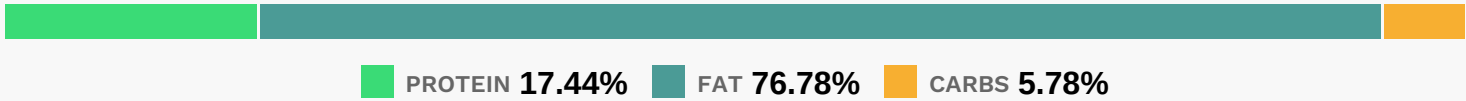
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine first 7 ingredients, stirring until blended. Fold in crabmeat.
- ☐ Spoon mixture into an 11- x 7-inch baking dish; sprinkle evenly with Cheddar cheese.
- ☐ Bake at 350 for 35 minutes or until bubbly.
- ☐ Garnish, if desired.
- ☐ Serve immediately with crackers or toasted French bread rounds.

Nutrition Facts



Properties

Glycemic Index:36.08, Glycemic Load:1.72, Inflammation Score:-8, Nutrition Score:23.55565229447%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 552.1kcal (27.61%), Fat: 47.38g (72.9%), Saturated Fat: 23.9g (149.35%), Carbohydrates: 8.02g (2.67%), Net Carbohydrates: 7.82g (2.84%), Sugar: 4.7g (5.22%), Cholesterol: 153.23mg (51.08%), Sodium: 1206.03mg (52.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.21g (48.43%), Vitamin B12: 7.26µg (121.02%), Vitamin K: 83.47µg (79.5%), Selenium: 41.98µg (59.97%), Zinc: 5.79mg (38.59%), Phosphorus: 371.73mg (37.17%), Copper: 0.74mg (37.06%), Vitamin A: 1803.82IU (36.08%), Calcium: 290.82mg (29.08%), Vitamin B2: 0.37mg

(21.65%), Vitamin C: 12.31mg (14.92%), Magnesium: 56.9mg (14.22%), Folate: 55.35µg (13.84%), Potassium: 368.73mg (10.54%), Vitamin B6: 0.19mg (9.61%), Vitamin B5: 0.94mg (9.42%), Vitamin E: 1.3mg (8.64%), Iron: 1.08mg (5.98%), Vitamin B3: 1.08mg (5.42%), Vitamin B1: 0.08mg (5.31%), Manganese: 0.06mg (3.09%)