

Hot Crab Dip I

READY IN

ready

55 min.

SERVINGS

servings

12

CALORIES

calories

365 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounce crab meat drained canned
- ☐ 8 ounce cream cheese softened
- ☐ 1 pound bread french
- ☐ 1 tablespoon horseradish prepared
- ☐ 1 cup mayonnaise
- ☐ 1.5 cups milk
- ☐ 0.1 teaspoon old bay seasoning tm to taste
- ☐ 1 cup cheddar cheese shredded white

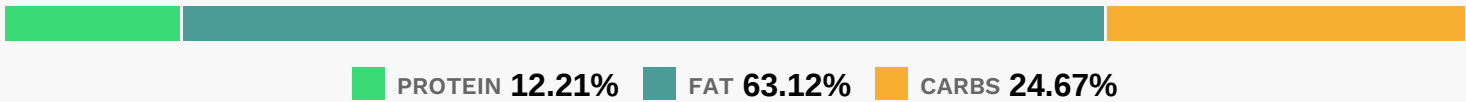
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine the cream cheese, milk, mayonnaise, horseradish, crab meat and Old Bay Seasoning TM.
- ☐ Mix until creamy.
- ☐ Spread mixture into an 8x12 inch baking dish, and bake at 350 degrees F (175 degrees C) for 35 to 40 minutes.
- ☐ Cut a circle out of the top of the bread and scoop out the inside. Tear the inside into pieces for dipping.
- ☐ Remove mixture from oven and spoon into hollowed bread. Cover the top with the shredded cheese and more seasoning.
- ☐ Place the bread bowl on a medium baking sheet, and bake in the preheated oven 45 minutes, or until the cheese is melted.
- ☐ Serve hot with bread pieces on the side.

Nutrition Facts



Properties

Glycemic Index:21.46, Glycemic Load:16.1, Inflammation Score:-5, Nutrition Score:11.165217314077%

Nutrients (% of daily need)

Calories: 365.05kcal (18.25%), Fat: 25.67g (39.49%), Saturated Fat: 8.61g (53.8%), Carbohydrates: 22.58g (7.53%), Net Carbohydrates: 21.7g (7.89%), Sugar: 4.16g (4.62%), Cholesterol: 53.75mg (17.92%), Sodium: 563.66mg (24.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.17g (22.34%), Selenium: 22.23µg (31.75%), Vitamin K:

31.63µg (30.13%), Vitamin B1: 0.3mg (19.85%), Vitamin B2: 0.31mg (17.97%), Phosphorus: 171.36mg (17.14%), Calcium: 157.38mg (15.74%), Folate: 59.08µg (14.77%), Vitamin B12: 0.8µg (13.34%), Vitamin B3: 2.27mg (11.36%), Manganese: 0.22mg (10.86%), Zinc: 1.54mg (10.25%), Copper: 0.18mg (9.2%), Iron: 1.64mg (9.09%), Vitamin A: 410.58IU (8.21%), Vitamin E: 1.2mg (8.01%), Magnesium: 25.67mg (6.42%), Vitamin B5: 0.56mg (5.61%), Vitamin B6: 0.1mg (5.05%), Potassium: 165.84mg (4.74%), Fiber: 0.88g (3.5%), Vitamin D: 0.43µg (2.86%)