

## Hot Crab Dip II

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



298 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 24 ounce cream cheese
- 4 ounce chilis diced green canned
- 1 cup spring onion chopped
- 1 pound imitation crab flaked
- 0.5 cup milk
- 0.3 cup salsa

### Equipment

- bowl

slow cooker

## Directions

- In a small bowl, combine milk and salsa. Coat a slow cooker with non-stick cooking spray.
- Transfer the milk and salsa mixture into the slow cooker. Stir in cream cheese, crab, onions, and chilies.
- Cover and cook on low for 3 to 4 hours, stirring every 30 minutes.

## Nutrition Facts

 **PROTEIN 9.92%**  **FAT 71.29%**  **CARBS 18.79%**

## Properties

Glycemic Index:9.7, Glycemic Load:1.38, Inflammation Score:-6, Nutrition Score:5.9217390910439%

## Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

## Nutrients (% of daily need)

Calories: 298.46kcal (14.92%), Fat: 23.86g (36.71%), Saturated Fat: 13.98g (87.37%), Carbohydrates: 14.15g (4.72%), Net Carbohydrates: 13.04g (4.74%), Sugar: 5.21g (5.78%), Cholesterol: 75.17mg (25.06%), Sodium: 576.67mg (25.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.94%), Vitamin A: 1089.11IU (21.78%), Vitamin K: 22.53µg (21.46%), Vitamin B2: 0.19mg (11.03%), Calcium: 94.71mg (9.47%), Phosphorus: 92.84mg (9.28%), Selenium: 6.26µg (8.94%), Vitamin C: 5.92mg (7.18%), Vitamin E: 0.75mg (5.01%), Potassium: 170.89mg (4.88%), Folate: 18.99µg (4.75%), Vitamin B5: 0.47mg (4.68%), Fiber: 1.11g (4.43%), Vitamin B6: 0.08mg (4.03%), Vitamin B12: 0.22µg (3.59%), Zinc: 0.46mg (3.05%), Magnesium: 11.34mg (2.84%), Iron: 0.41mg (2.28%), Vitamin B1: 0.03mg (2.14%), Manganese: 0.03mg (1.69%), Vitamin B3: 0.3mg (1.48%), Copper: 0.03mg (1.32%)