



Hot Crab Parmesan Dip

 Gluten Free

READY IN



35 min.

SERVINGS



20

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 0.3 cup wine dry white
- ☐ 6 ounces crabmeat flaked drained canned
- ☐ 8 ounces cream cheese softened
- ☐ 1 garlic clove finely chopped
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 1 teaspoon ground mustard
- ☐ 0.3 cup parmesan cheese grated

- ☐ 0.3 cup salad dressing
- ☐ 2 teaspoons sugar

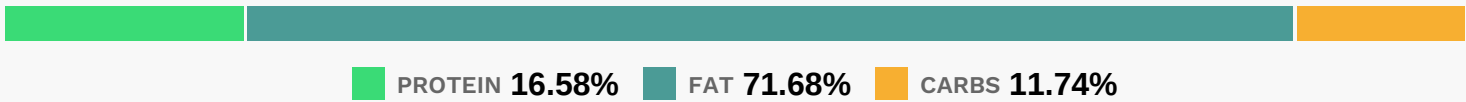
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 375F.
- ☐ Mix all ingredients except crabmeat, almonds and crackers in medium bowl until well blended. Stir in crabmeat.
- ☐ Spread crabmeat mixture in ungreased pie plate, 9x1 1/4 inches, or shallow 1-quart casserole.
- ☐ Sprinkle with almonds.
- ☐ Bake uncovered 15 to 20 minutes or until hot and bubbly.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:9.2, Glycemic Load:0.51, Inflammation Score:-2, Nutrition Score:2.7147826231692%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 73.07kcal (3.65%), Fat: 5.74g (8.83%), Saturated Fat: 2.65g (16.56%), Carbohydrates: 2.11g (0.7%), Net Carbohydrates: 1.87g (0.68%), Sugar: 1.28g (1.42%), Cholesterol: 20.79mg (6.93%), Sodium: 134.94mg (5.87%),

Alcohol: 0.31g (100%), Alcohol %: 1.29% (100%), Protein: 2.99g (5.97%), Selenium: 5.43µg (7.75%), Vitamin B12: 0.32µg (5.42%), Phosphorus: 49.84mg (4.98%), Vitamin E: 0.73mg (4.86%), Copper: 0.09mg (4.52%), Vitamin K: 4.54µg (4.32%), Calcium: 36.01mg (3.6%), Vitamin A: 176.86IU (3.54%), Vitamin B2: 0.06mg (3.4%), Zinc: 0.5mg (3.34%), Manganese: 0.05mg (2.75%), Magnesium: 9.76mg (2.44%), Folate: 7.1µg (1.78%), Potassium: 59.93mg (1.71%), Vitamin B5: 0.16mg (1.65%), Vitamin B3: 0.32mg (1.6%), Vitamin B6: 0.03mg (1.46%)