



Hot Crab Rangoon Dip with Won Ton Chips

READY IN



13 min.

SERVINGS



12

CALORIES



411 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounce cream cheese cut into cubes
- ☐ 2 teaspoons juice of lemon
- ☐ 12 ounce lump crab meat shredded drained canned
- ☐ 12 servings vegetable oil; peanut oil preferred
- ☐ 12 servings salt to taste
- ☐ 1 scallion finely chopped
- ☐ 10 ounce condensed shrimp bisque canned
- ☐ 2 teaspoons soya sauce
- ☐ 1 package won ton wrappers

☐ 1 teaspoon worcestershire sauce

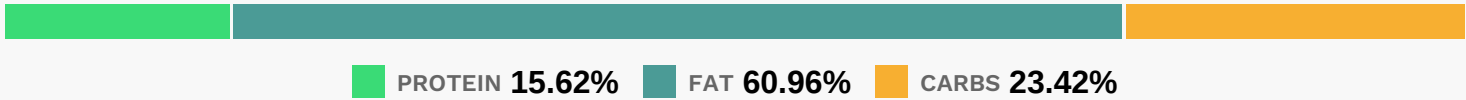
Equipment

- ☐ paper towels
- ☐ mixing bowl
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Preheat broiler.
- ☐ Combine all ingredients in mixing bowl and stir to combine.
- ☐ Place in a broiler-proof serving dish and broil for 10 minutes or until hot and bubbly.
- ☐ Heat 2 inches of peanut oil in a Dutch oven or fryer to 350 degrees F.
- ☐ Add won ton wrappers in batches to fry lightly.
- ☐ Remove from oil and let drain on paper towels before serving. Season with salt.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:0.59, Inflammation Score:-5, Nutrition Score:12.034782565158%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 410.57kcal (20.53%), Fat: 27.86g (42.86%), Saturated Fat: 10.15g (63.44%), Carbohydrates: 24.08g (8.03%), Net Carbohydrates: 23.37g (8.5%), Sugar: 1.53g (1.7%), Cholesterol: 91.49mg (30.5%), Sodium: 854.62mg (37.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.06g (32.12%), Vitamin B12: 2.64µg (44.04%), Selenium: 24.16µg (34.52%), Copper: 0.42mg (20.96%), Phosphorus: 185.5mg (18.55%), Vitamin E: 2.53mg (16.87%),

Zinc: 2.47mg (16.47%), Vitamin B1: 0.22mg (14.48%), Vitamin B2: 0.24mg (14.35%), Manganese: 0.27mg (13.42%), Folate: 49.15µg (12.29%), Vitamin B3: 2.43mg (12.15%), Vitamin A: 530.11IU (10.6%), Iron: 1.66mg (9.24%), Magnesium: 33.78mg (8.45%), Calcium: 84.08mg (8.41%), Potassium: 210.63mg (6.02%), Vitamin B6: 0.08mg (3.9%), Vitamin B5: 0.33mg (3.3%), Vitamin C: 2.56mg (3.1%), Fiber: 0.71g (2.85%), Vitamin K: 2.97µg (2.83%)