



Hot Crabmeat Appetizer

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup planters almonds toasted sliced
- 7.5 oz crab meat flaked drained canned
- 8 oz philadelphia cream cheese softened
- 0.5 tsp horseradish prepared kraft
- 2 Tbsp milk
- 2 Tbsp onions finely chopped
- 1 dash pepper
- 0.3 tsp salt

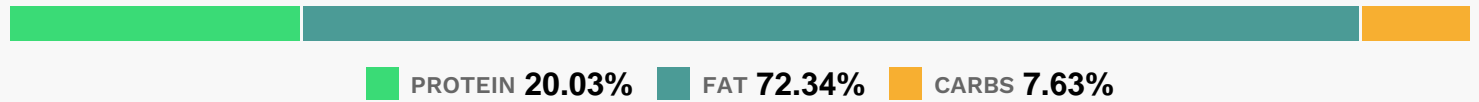
Equipment

oven

Directions

- Preheat oven to 375F.
- Mix all ingredients except almonds until well blended.
- Spoon mixture into 9-inch pie plate; sprinkle with almonds.
- Bake 15 min.
- Serve with assorted crackers.

Nutrition Facts



Properties

Glycemic Index:6.76, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:2.0100000111953%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 47.01kcal (2.35%), Fat: 3.84g (5.9%), Saturated Fat: 1.92g (11.99%), Carbohydrates: 0.91g (0.3%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.49g (0.55%), Cholesterol: 17.56mg (5.85%), Sodium: 100.54mg (4.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Selenium: 4.51µg (6.44%), Vitamin B12: 0.31µg (5.16%), Copper: 0.08mg (4.2%), Phosphorus: 36.99mg (3.7%), Vitamin E: 0.55mg (3.66%), Zinc: 0.41mg (2.77%), Vitamin B2: 0.04mg (2.63%), Vitamin A: 124IU (2.48%), Calcium: 21.59mg (2.16%), Magnesium: 7.45mg (1.86%), Manganese: 0.04mg (1.85%), Folate: 5.9µg (1.48%), Vitamin B5: 0.15mg (1.48%), Vitamin B3: 0.29mg (1.45%), Potassium: 46.27mg (1.32%), Vitamin B6: 0.02mg (1.09%)