

Hot Crabmeat Dip

 Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons cooking wine dry white
- ☐ 0.5 cup mayonnaise fat-free
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 teaspoons horseradish prepared
- ☐ 0.5 pound lump crab meat drained
- ☐ 2 teaspoons mustard prepared

- ☐ 0.3 cup onion grated
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon salt

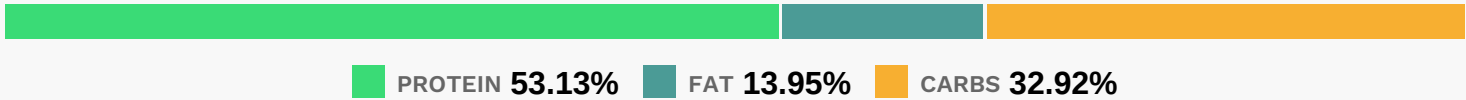
Equipment

- ☐ sauce pan

Directions

- ☐ Combine first 9 ingredients in a medium saucepan, stir well. Cook over low heat, stirring constantly, until cream cheese melts and mixture is smooth.
- ☐ Stir in crabmeat and remaining ingredients.
- ☐ Transfer to a chafing dish, and keep warm.
- ☐ Serve with low-fat crackers (crackers not included in analysis).

Nutrition Facts



Properties

Glycemic Index:6.97, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.6043478383318%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 11.36kcal (0.57%), Fat: 0.16g (0.24%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 0.84g (0.28%), Net Carbohydrates: 0.7 g (0.26%), Sugar: 0.47g (0.53%), Cholesterol: 3.3mg (1.1%), Sodium: 110.91mg (4.82%), Alcohol: 0.14g (100%), Alcohol %: 1.26% (100%), Protein: 1.36g (2.72%), Vitamin B12: 0.64µg (10.63%), Vitamin K: 5.46µg (5.2%), Selenium: 2.73µg (3.9%), Copper: 0.07mg (3.42%), Zinc: 0.44mg (2.92%), Phosphorus: 17.25mg (1.72%), Vitamin C: 1.11mg (1.35%), Magnesium: 4.34mg (1.08%), Folate: 4.17µg (1.04%)