

Hot Crabmeat Spread

READY IN



20 min.

SERVINGS



20

CALORIES



145 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 12 ounces crabmeat drained canned
- 20 servings round buttery crackers assorted
- 6 ounces cream cheese softened
- 0.5 teaspoon parsley fresh minced
- 0.5 teaspoon garlic salt
- 1 cup half and half
- 2 teaspoons horseradish prepared
- 0.5 teaspoon juice of lemon
- 1 tablespoon mayonnaise

- 1 small onion chopped
- 0.5 teaspoon onion salt
- 0.3 teaspoon pepper
- 8 drops hot sauce hot
- 0.5 teaspoon worcestershire sauce

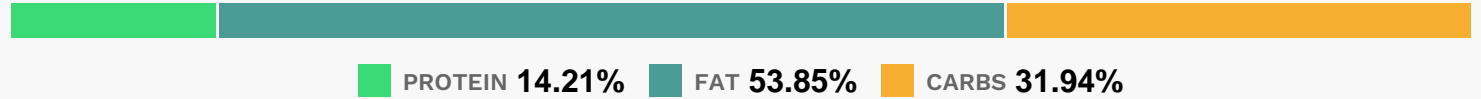
Equipment

- sauce pan

Directions

- In a saucepan, combine the first 12 ingredients. Cook and stir over low heat until the mixture is smooth.
- Add the crab and heat through.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:10.15, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:5.2934782716405%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 145.11kcal (7.26%), Fat: 8.69g (13.37%), Saturated Fat: 3.56g (22.25%), Carbohydrates: 11.6g (3.87%), Net Carbohydrates: 11.15g (4.05%), Sugar: 2.34g (2.6%), Cholesterol: 29.62mg (9.87%), Sodium: 406.46mg (17.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Selenium: 9.2µg (13.15%), Phosphorus: 105.58mg (10.56%), Vitamin B12: 0.61µg (10.15%), Vitamin K: 9.64µg (9.18%), Copper: 0.16mg (8.18%), Vitamin E: 1mg (6.66%), Vitamin B3: 1.28mg (6.39%), Calcium: 62.84mg (6.28%), Vitamin B2: 0.1mg (6.06%), Zinc: 0.85mg (5.65%), Folate:

22.38µg (5.59%), Vitamin B1: 0.08mg (5.48%), Manganese: 0.11mg (5.45%), Iron: 0.84mg (4.67%), Vitamin B5: 0.32mg (3.19%), Vitamin A: 159.05IU (3.18%), Magnesium: 11.72mg (2.93%), Potassium: 99.05mg (2.83%), Vitamin B6: 0.05mg (2.62%), Fiber: 0.45g (1.81%), Vitamin C: 1.42mg (1.73%)