



Hot Spinach-Artichoke Dip with Crab

READY IN

ready

55 min.

SERVINGS

servings

12

CALORIES

calories

368 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 oz artichoke hearts drained chopped canned
- ☐ 12 servings crackers and vegetables fresh assorted
- ☐ 10 oz pkt spinach frozen thawed drained chopped well
- ☐ 1 garlic clove pressed
- ☐ 4 green onions sliced
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 cup cup heavy whipping cream sour reduced-fat
- ☐ 1 pound lump crab meat fresh drained
- ☐ 1 cup mayonnaise

- ☐ 1.3 cups parmesan cheese freshly grated
- ☐ 5 oz pepper jack cheese shredded

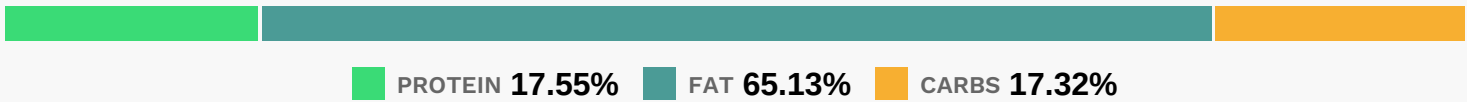
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Stir together first 6 ingredients and 1 cup pepper Jack cheese. Fold in spinach, artichokes, and crabmeat. Spoon into a lightly greased 2-qt. baking dish.
- ☐ Sprinkle with remaining 1/4 cup pepper Jack cheese.
- ☐ Bake at 350 for 40 minutes or until center is hot and edges are bubbly.
- ☐ Sprinkle with freshly ground pepper to taste.
- ☐ Serve with crackers and assorted vegetables.

Nutrition Facts



Properties

Glycemic Index:11.58, Glycemic Load:0.16, Inflammation Score:-9, Nutrition Score:21.08999995045%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 368.35kcal (18.42%), Fat: 26.58g (40.9%), Saturated Fat: 8.24g (51.49%), Carbohydrates: 15.9g (5.3%), Net Carbohydrates: 14.22g (5.17%), Sugar: 2.12g (2.35%), Cholesterol: 50mg (16.67%), Sodium: 985.05mg (42.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.11g (32.22%), Vitamin K: 135.16µg (128.73%), Vitamin B12: 3.74µg (62.39%), Vitamin A: 3075.36IU (61.51%), Selenium: 22.36µg (31.94%), Calcium: 284.78mg (28.48%), Phosphorus: 276.22mg (27.62%), Zinc: 3.43mg (22.86%), Copper: 0.42mg (21.08%), Folate: 71.52µg (17.88%),

Manganese: 0.29mg (14.42%), Vitamin E: 2.02mg (13.5%), Vitamin B2: 0.22mg (13.19%), Magnesium: 49.31mg (12.33%), Iron: 1.64mg (9.09%), Vitamin B1: 0.13mg (8.46%), Vitamin C: 6.4mg (7.76%), Potassium: 266.9mg (7.63%), Vitamin B3: 1.38mg (6.88%), Vitamin B6: 0.14mg (6.86%), Fiber: 1.68g (6.73%), Vitamin B5: 0.31mg (3.14%), Vitamin D: 0.2µg (1.32%)