



Hot Spinach Crabmeat Dip

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



309 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce water chestnuts drained sliced chopped canned
- ☐ 1 tablespoon cooking sherry dry
- ☐ 10 ounce pkt spinach frozen thawed chopped
- ☐ 0.3 cup green onions minced
- ☐ 0.5 teaspoon hot sauce
- ☐ 6 ounces lump crab meat fresh drained
- ☐ 3 ounces monterrey jack cheese shredded reduced-fat
- ☐ 0.5 cup nonfat mayonnaise

- ☐ 0.8 cup nonfat ricotta cheese
- ☐ 0.5 cup roasted pepper in water diced red drained finely
- ☐ 0.8 cup skim milk

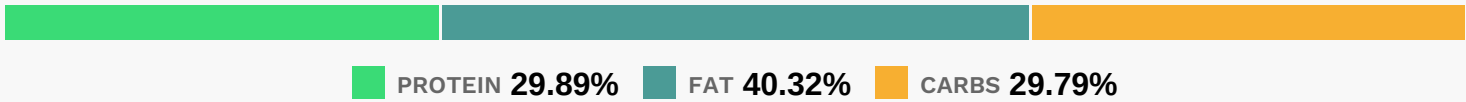
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ sieve

Directions

- ☐ Press ricotta cheese through a fine-mesh sieve into a large bowl.
- ☐ Add skim milk, mayonnaise, and sherry; stir well.
- ☐ Drain spinach; press between paper towels to remove excess moisture.
- ☐ Add spinach and next 6 ingredients to cheese mixture; stir well. Spoon mixture into a 1 1/2-quart casserole coated with cooking spray. Cover and bake at 350 for 30 minutes. Uncover and bake an additional 10 minutes or until hot and bubbly.
- ☐ Serve with toasted pita wedges.

Nutrition Facts



Properties

Glycemic Index:33.56, Glycemic Load:1.28, Inflammation Score:-10, Nutrition Score:31.598261003909%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 308.87kcal (15.44%), Fat: 14.07g (21.65%), Saturated Fat: 8.21g (51.29%), Carbohydrates: 23.4g (7.8%), Net Carbohydrates: 18.21g (6.62%), Sugar: 8.35g (9.28%), Cholesterol: 64.48mg (21.49%), Sodium: 1081.73mg (47.03%), Alcohol: 0.39g (100%), Alcohol %: 0.14% (100%), Protein: 23.47g (46.94%), Vitamin K: 284.96µg (271.39%), Vitamin A: 8939.13IU (178.78%), Vitamin B12: 4.43µg (73.8%), Selenium: 31.28µg (44.69%), Calcium: 443.68mg (44.37%), Phosphorus: 369.88mg (36.99%), Folate: 143.77µg (35.94%), Manganese: 0.66mg (33.03%), Copper: 0.63mg (31.7%), Zinc: 4.72mg (31.47%), Vitamin B2: 0.45mg (26.33%), Magnesium: 99.05mg (24.76%), Vitamin C: 17.7mg (21.45%), Vitamin B6: 0.43mg (21.37%), Fiber: 5.19g (20.76%), Potassium: 639.39mg (18.27%), Vitamin E: 2.65mg (17.67%), Iron: 2.97mg (16.51%), Vitamin B1: 0.14mg (9.18%), Vitamin B3: 1.4mg (7.01%), Vitamin B5: 0.66mg (6.62%), Vitamin D: 0.73µg (4.84%)