

How to Make Crab and Artichoke Dip

 Popular

READY IN



60 min.

SERVINGS



12

CALORIES



341 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke bottoms drained chopped canned
- ☐ 1 pinch cayenne pepper to taste
- ☐ 16 ounce cream cheese softened
- ☐ 2 teaspoons tarragon fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 0.3 cup green onions chopped
- ☐ 1 lemon zest juiced
- ☐ 1 pound lump crab meat drained

- ☐ 0.3 cup mayonnaise
- ☐ 0.5 cup bell pepper diced red finely
- ☐ 12 servings salt and pepper black freshly ground to taste
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 round loaf sourdough bread
- ☐ 2 tablespoons cheddar cheese shredded white
- ☐ 1 teaspoon worcestershire sauce

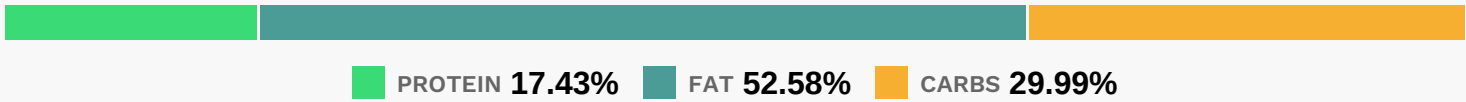
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Line a baking dish with aluminum foil.
- ☐ Combine cream cheese, crab meat, artichoke bottoms, 6 ounces Cheddar cheese, red bell pepper, green onions, sour cream, mayonnaise, garlic, lemon zest and juice, tarragon, Worcestershire sauce, and cayenne pepper in a large bowl; season with salt and black pepper.
- ☐ Cut the top 1/3 off the loaf of sourdough bread and discard.
- ☐ Remove the bread filling and discard, leaving just the crust.
- ☐ Place in the prepared baking dish.
- ☐ Transfer artichoke mixture to the prepared bread bowl; top with 2 tablespoons Cheddar cheese and cayenne pepper.
- ☐ Bake in the preheated oven until dip is warmed and top is golden brown, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:15.99, Inflammation Score:-7, Nutrition Score:15.813043391899%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 341.29kcal (17.06%), Fat: 20.03g (30.82%), Saturated Fat: 9.67g (60.43%), Carbohydrates: 25.71g (8.57%), Net Carbohydrates: 24.07g (8.75%), Sugar: 4.41g (4.9%), Cholesterol: 63.08mg (21.03%), Sodium: 807.97mg (35.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.94g (29.88%), Vitamin B12: 3.53µg (58.76%), Selenium: 28.82µg (41.18%), Iron: 3.97mg (22.07%), Copper: 0.43mg (21.32%), Vitamin B1: 0.3mg (20.25%), Zinc: 2.97mg (19.82%), Folate: 73.27µg (18.32%), Phosphorus: 182.99mg (18.3%), Vitamin B2: 0.3mg (17.75%), Vitamin A: 884.07IU (17.68%), Vitamin C: 13.51mg (16.37%), Vitamin K: 15.08µg (14.37%), Manganese: 0.28mg (14.01%), Vitamin B3: 2.4mg (11.99%), Calcium: 103.99mg (10.4%), Magnesium: 38.36mg (9.59%), Vitamin B6: 0.16mg (8.1%), Fiber: 1.64g (6.55%), Potassium: 225.31mg (6.44%), Vitamin B5: 0.55mg (5.49%), Vitamin E: 0.72mg (4.82%)