

Joelle's Famous Hot Crab and Artichoke Dip

READY IN



40 min.

SERVINGS



15

CALORIES



485 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 ounce artichoke hearts drained canned
- 18 ounce crabmeat canned
- 8 ounce cream cheese softened
- 2 tablespoons garlic minced
- 15 servings pepper black to taste
- 1 cup cup heavy whipping cream
- 1 tablespoon horseradish prepared
- 2 tablespoons juice of lemon fresh
- 1 cup mayonnaise

- 2 teaspoons old bay seasoning
- 8 ounce cream sour
- 2 pound sourdough bread
- 1.5 cups cheddar cheese shredded white

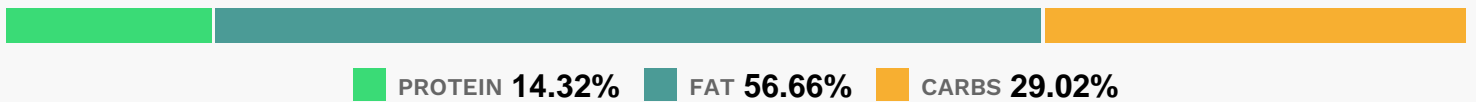
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, combine crabmeat, cream cheese, sour cream, mayonnaise, heavy cream and artichokes. Season with horseradish, lemon juice, garlic, and black pepper.
- Mix well and spread mixture into a 9x13 inch baking dish and sprinkle the white Cheddar cheese and Old Bay seasoning on top.
- Bake in a preheated oven for 30 minutes or until warm and melted. Meanwhile, hollow out the loaves of sourdough bread. Reserving the bread removed.
- Spoon the hot crab dip into the hollowed out loaves of sourdough. Use the reserved bread for dipping.

Nutrition Facts



Properties

Glycemic Index:18.77, Glycemic Load:24.68, Inflammation Score:-6, Nutrition Score:16.913043519725%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 485.13kcal (24.26%), Fat: 30.63g (47.12%), Saturated Fat: 12.55g (78.43%), Carbohydrates: 35.31g (11.77%), Net Carbohydrates: 33.57g (12.21%), Sugar: 4.76g (5.29%), Cholesterol: 92.69mg (30.9%), Sodium: 855.07mg (37.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.42g (34.83%), Selenium: 37.97µg (54.25%), Vitamin B1: 0.46mg (30.35%), Vitamin K: 28.53µg (27.17%), Vitamin B2: 0.44mg (25.59%), Folate: 99.15µg (24.79%), Phosphorus: 237.59mg (23.76%), Vitamin B12: 1.36µg (22.68%), Manganese: 0.4mg (19.91%), Vitamin B3: 3.92mg (19.58%), Copper: 0.39mg (19.51%), Calcium: 189.61mg (18.96%), Zinc: 2.56mg (17.05%), Iron: 2.76mg (15.31%), Vitamin A: 661.91IU (13.24%), Vitamin E: 1.67mg (11.13%), Magnesium: 40.21mg (10.05%), Vitamin B6: 0.17mg (8.28%), Vitamin B5: 0.8mg (8.02%), Fiber: 1.74g (6.95%), Potassium: 236.44mg (6.76%), Vitamin C: 2.74mg (3.32%), Vitamin D: 0.35µg (2.34%)