



Layered Crabmeat Spread

READY IN



45 min.

SERVINGS



12

CALORIES



284 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 12 servings crackers and vegetables fresh assorted
- ☐ 8 ounce cream cheese softened
- ☐ 0.5 bell pepper green chopped
- ☐ 3 green onions chopped
- ☐ 0.8 cup cocktail sauce
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 teaspoon lemon pepper
- ☐ 16 ounce lump crab meat drained
- ☐ 1 tablespoon mayonnaise

- ☐ 8 ounces monterrey jack cheese shredded
- ☐ 0.5 cup olives ripe sliced
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.3 teaspoon worcestershire sauce

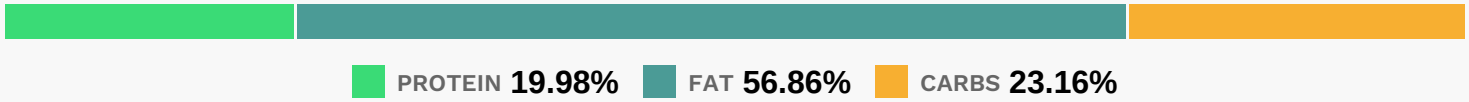
Equipment

- ☐ hand mixer

Directions

- ☐ Beat cream cheese at medium speed with an electric mixer until smooth; add lemon juice and next 4 ingredients, beating until blended. Spoon mixture into a 9-inch serving dish. Cover and chill at least 20 minutes.
- ☐ Spread cocktail sauce evenly over cream cheese mixture. Top with crabmeat; sprinkle with cheese, green onions, bell pepper, and ripe olives.
- ☐ Serve spread with crackers and fresh vegetables.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:0.39, Inflammation Score:-5, Nutrition Score:12.399130448051%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 284.05kcal (14.2%), Fat: 17.94g (27.6%), Saturated Fat: 8.59g (53.69%), Carbohydrates: 16.44g (5.48%), Net Carbohydrates: 15.7g (5.71%), Sugar: 5.83g (6.47%), Cholesterol: 52.28mg (17.43%), Sodium: 1001.66mg (43.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.18g (28.36%), Vitamin B12: 3.6µg (60.03%), Selenium: 18.96µg (27.09%), Phosphorus: 233.58mg (23.36%), Calcium: 207.74mg (20.77%), Zinc: 3.03mg

(20.22%), Copper: 0.39mg (19.62%), Vitamin K: 17.56µg (16.73%), Vitamin B2: 0.18mg (10.64%), Vitamin C: 8.18mg (9.92%), Vitamin A: 480.06IU (9.6%), Folate: 36.42µg (9.11%), Magnesium: 30.4mg (7.6%), Vitamin E: 1.06mg (7.08%), Vitamin B1: 0.1mg (6.71%), Iron: 1.2mg (6.69%), Vitamin B3: 1.29mg (6.44%), Manganese: 0.13mg (6.29%), Vitamin B6: 0.11mg (5.4%), Potassium: 160.66mg (4.59%), Vitamin B5: 0.35mg (3.54%), Fiber: 0.74g (2.98%)