



Louisiana Crab Dip

READY IN



35 min.

SERVINGS



24

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 ounces crabmeat flaked drained canned
- 24 servings round buttery crackers assorted
- 16 ounces cream cheese softened
- 1 tablespoon breadcrumbs dry
- 2 tablespoons horseradish prepared drained
- 1 medium onion chopped
- 0.1 teaspoon paprika
- 0.3 teaspoon hot sauce hot
- 2 teaspoons worcestershire sauce

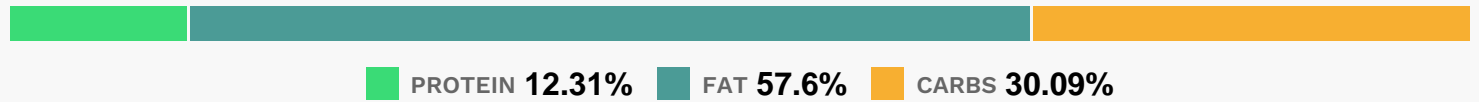
Equipment

- bowl
- oven
- baking pan

Directions

- In a bowl, combine the cream cheese, horseradish, Worcestershire and hot pepper sauce; mix well. Stir in crab and onion. Spoon into a greased 1-qt. baking dish. Toss bread crumbs with paprika; sprinkle over top.
- Bake, uncovered, at 350° for 30–35 minutes or until edges are bubbly.
- Serve warm with crackers.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:5.102173888165%

Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 161.13kcal (8.06%), Fat: 10.36g (15.93%), Saturated Fat: 4.73g (29.54%), Carbohydrates: 12.18g (4.06%), Net Carbohydrates: 11.67g (4.24%), Sugar: 2.38g (2.65%), Cholesterol: 32.84mg (10.95%), Sodium: 296.36mg (12.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.96%), Selenium: 8.61µg (12.3%), Phosphorus: 99.81mg (9.98%), Vitamin B12: 0.52µg (8.58%), Vitamin K: 8.52µg (8.11%), Copper: 0.14mg (7.16%), Vitamin E: 0.99mg (6.58%), Vitamin B3: 1.23mg (6.15%), Vitamin B2: 0.1mg (6.06%), Calcium: 58.95mg (5.9%), Vitamin B1: 0.09mg (5.66%), Folate: 22.53µg (5.63%), Manganese: 0.11mg (5.52%), Vitamin A: 259.82IU (5.2%), Zinc: 0.76mg (5.05%), Iron: 0.87mg (4.84%), Vitamin B5: 0.32mg (3.18%), Potassium: 95.58mg (2.73%), Magnesium: 10.9mg (2.73%), Vitamin B6: 0.05mg (2.48%), Fiber: 0.51g (2.04%), Vitamin C: 1.21mg (1.47%)