



Maryland Crab Dip

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz crab meat flaked drained canned
- 0.8 cup triple cheddar cheese shredded with a touch of philadelphia, divided kraft
- 0.3 cup knudsen cream sour
- 4 oz philadelphia cream cheese softened ()
- 0.5 tsp mustard dry
- 0.1 tsp garlic powder
- 3 green onions divided chopped
- 3 dashes pepper sauce hot

- 0.1 tsp seafood seasoning
- 1 tsp lea & perrins worcestershire sauce

Equipment

- bowl
- blender
- microwave

Directions

- Beat first 7 ingredients in medium bowl with mixer until blended.
- Reserve 1 tsp. onions.
- Add remaining onions, crabmeat and 1/2 cup shredded cheese to cream cheese mixture; mix well. Spoon into microwaveable bowl.
- Microwave on HIGH 3 min. or until heated through, stirring after 1-1/2 min. Top with remaining shredded cheese and reserved onions.

Nutrition Facts

PROTEIN 23.22% **FAT 70.75%** **CARBS 6.03%**

Properties

Glycemic Index:6.07, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:3.096956514146%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 68.05kcal (3.4%), Fat: 5.38g (8.28%), Saturated Fat: 3.02g (18.9%), Carbohydrates: 1.03g (0.34%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.54g (0.59%), Cholesterol: 26.55mg (8.85%), Sodium: 131.86mg (5.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.94%), Selenium: 7.42µg (10.6%), Vitamin B12: 0.46µg (7.7%), Phosphorus: 65.23mg (6.52%), Calcium: 63.95mg (6.39%), Vitamin K: 5.46µg (5.2%), Copper: 0.1mg (4.98%), Zinc: 0.71mg (4.7%), Vitamin A: 206.88IU (4.14%), Vitamin B2: 0.06mg (3.65%), Folate: 9.59µg (2.4%), Vitamin E: 0.35mg (2.32%), Vitamin B5: 0.19mg (1.95%), Magnesium: 7.5mg (1.87%), Vitamin B3: 0.34mg (1.72%), Potassium: 59.23mg (1.69%), Vitamin B6: 0.03mg (1.49%), Vitamin C: 0.93mg (1.13%)