



Nontraditional Crab Dip

 Gluten Free

READY IN



30 min.

SERVINGS



16

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce cream cheese room temperature
- 1 tablespoon garlic minced
- 1 spring onion finely chopped
- 8 ounce imitation crab flaked
- 1.5 teaspoons jalapeno minced
- 1.5 teaspoons juice of lemon
- 0.5 cup monterrey jack cheese shredded

Equipment

bowl

oven

Directions

Preheat the oven to 350 degrees F (175 degrees C).

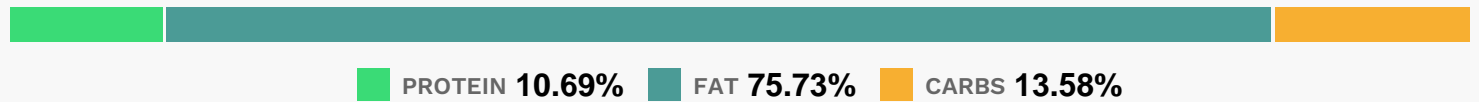
In a medium bowl, stir together the cream cheese, imitation crab, green onion, garlic, lemon juice, jalapeno and 1 cup shredded cheese.

Transfer to an oven safe serving dish, or nice pie plate.

Sprinkle the remaining 1/2 cup of cheese over the top.

Bake for 25 to 30 minutes in the preheated oven, until the edges are boiling and cheese has melted in the center.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.49, Inflammation Score:-3, Nutrition Score:1.9978260592274%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 127.65kcal (6.38%), Fat: 10.83g (16.66%), Saturated Fat: 6.4g (40.01%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 4.17g (1.52%), Sugar: 1.61g (1.78%), Cholesterol: 33.34mg (11.11%), Sodium: 190.09mg (8.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Vitamin A: 420.49IU (8.41%), Calcium: 55.37mg (5.54%), Vitamin B2: 0.08mg (4.74%), Phosphorus: 47.21mg (4.72%), Selenium: 3.03µg (4.33%), Vitamin K: 2.33µg (2.22%), Vitamin E: 0.28mg (1.83%), Vitamin B5: 0.17mg (1.75%), Zinc: 0.26mg (1.72%), Vitamin B12: 0.09µg (1.53%), Vitamin B6: 0.03mg (1.38%), Potassium: 46mg (1.31%), Vitamin C: 1.03mg (1.25%)