



Party Crab Dip

 Gluten Free

READY IN



100 min.

SERVINGS



24

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon apple juice dry
- 12 ounces crabmeat drained canned
- 8 ounces cream cheese softened
- 1 teaspoon garlic salt
- 0.3 cup spring onion sliced
- 0.5 cup salad dressing
- 0.3 cup cream sour
- 24 servings savory vegetable fresh assorted

2 teaspoons worcestershire sauce

Equipment

spatula

slow cooker

Directions

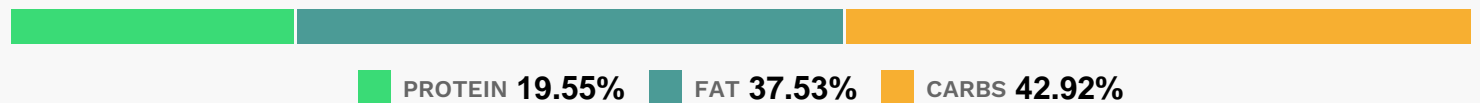
Mix cream cheese, mayonnaise, sour cream, garlic salt and Worcestershire sauce in 1- to 3- quart slow cooker, using fork. Gently mix in sherry, onions and crabmeat.

Cover and cook on low heat setting 1 hour 30 minutes to 2 hours 30 minutes.

Scrape down side of cooker with rubber spatula to help prevent edge of dip from scorching.

Serve with crackers or vegetables. Dip will hold on low heat setting up to 4 hours; stir occasionally.

Nutrition Facts



Properties

Glycemic Index:6.03, Glycemic Load:4.06, Inflammation Score:-10, Nutrition Score:11.064347899478%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 120.58kcal (6.03%), Fat: 5.33g (8.2%), Saturated Fat: 2.41g (15.08%), Carbohydrates: 13.72g (4.57%), Net Carbohydrates: 10.05g (3.65%), Sugar: 1.1g (1.22%), Cholesterol: 24.71mg (8.24%), Sodium: 305.19mg (13.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.49%), Vitamin A: 4775.65IU (95.51%), Fiber: 3.67g (14.67%), Vitamin C: 10.24mg (12.41%), Manganese: 0.24mg (11.89%), Selenium: 7.45µg (10.65%), Copper: 0.21mg (10.25%), Phosphorus: 100.25mg (10.03%), Folate: 35.32µg (8.83%), Vitamin B12: 0.5µg (8.3%), Vitamin B1: 0.12mg (7.93%), Vitamin B3: 1.56mg (7.78%), Potassium: 256.74mg (7.34%), Magnesium: 28.58mg (7.15%), Vitamin B2: 0.12mg (6.93%), Zinc: 1.01mg (6.76%), Vitamin B6: 0.12mg (5.98%), Iron: 1mg (5.58%), Vitamin K: 5.18µg (4.93%), Calcium: 49.27mg (4.93%), Vitamin B5: 0.35mg (3.53%), Vitamin E: 0.46mg (3.1%)