

# Party Crab Dip

 **Gluten Free**

READY IN



**100 min.**

SERVINGS



**24**

CALORIES



**65 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 ounces cream cheese softened
- 0.5 cup salad dressing
- 0.3 cup cream sour
- 1 teaspoon garlic salt
- 2 teaspoons worcestershire sauce
- 1 tablespoon apple juice dry
- 0.3 cup spring onion sliced
- 12 ounces crabmeat drained canned

1 serving savory vegetable fresh assorted

## Equipment

spatula

slow cooker

## Directions

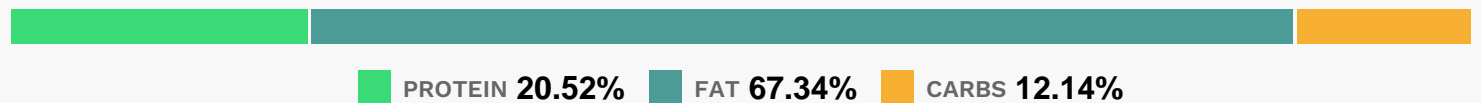
Mix cream cheese, mayonnaise, sour cream, garlic salt and Worcestershire sauce in 1- to 3- quart slow cooker, using fork. Gently mix in sherry, onions and crabmeat.

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:0.35, Inflammation Score:-3, Nutrition Score:3.1243477826533%

## 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: 64.77kcal (3.24%), Fat: 4.88g (7.5%), Saturated Fat: 2.33g (14.55%), Carbohydrates: 1.98g (0.66%), Net Carbohydrates: 1.8g (0.65%), Sugar: 1.1g (1.22%), Cholesterol: 24.71mg (8.24%), Sodium: 264.2mg (11.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.69%), Selenium: 7.11µg (10.15%), Vitamin B12: 0.5µg (8.3%), Vitamin A: 347.21IU (6.94%), Copper: 0.12mg (6.2%), Vitamin K: 5.18µg (4.93%), Phosphorus: 48.8mg (4.88%), Zinc: 0.62mg (4.14%), Vitamin E: 0.46mg (3.1%), Calcium: 27.46mg (2.75%), Vitamin B2: 0.04mg (2.57%), Folate: 10.03µg (2.51%), Vitamin B3: 0.46mg (2.32%), Vitamin B5: 0.21mg (2.11%), Potassium: 71.86mg (2.05%), Magnesium: 7.65mg (1.91%), Vitamin B6: 0.04mg (1.8%), Vitamin C: 1.17mg (1.42%), Manganese: 0.02mg (1.25%)