



Savory Crab Dip with Crudité

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz crabmeat drained canned ()
- 0.8 teaspoon ground pepper
- 8 ounces cream cheese softened
- 2 garlic clove chopped
- 3 tablespoons juice of lemon
- 0.3 cup mayonnaise
- 8 servings salt and pepper
- 6 spring onion white green finely chopped (and pale parts only)

1 cup cream sour

Equipment

bowl

whisk

Directions

Combine 8 oz. softened cream cheese, 1 cup sour cream, 1/4 cup mayonnaise, 3 Tbsp. lemon juice, 6 finely chopped scallions (white and pale green parts only), 2 chopped garlic cloves and 3/4 tsp. cayenne in a large bowl; whisk until well blended. Gently stir in 2 (6 oz.) cans crabmeat (drained); season with salt and pepper. Chill for at least 1 hour before serving. (Dip can be made a day in advance; cover and refrigerate.)

Serve with crudit or toasted pita.

Nutrition Facts

 **PROTEIN 16.78%**  **FAT 76.2%**  **CARBS 7.02%**

Properties

Glycemic Index:21.38, Glycemic Load:0.67, Inflammation Score:-5, Nutrition Score:10.24260862366%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 244.87kcal (12.24%), Fat: 20.95g (32.23%), Saturated Fat: 9.55g (59.67%), Carbohydrates: 4.34g (1.45%), Net Carbohydrates: 4.02g (1.46%), Sugar: 2.46g (2.74%), Cholesterol: 89.78mg (29.93%), Sodium: 577.26mg (25.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.38g (20.76%), Selenium: 22.09µg (31.56%), Vitamin K: 31.36µg (29.86%), Vitamin B12: 1.55µg (25.79%), Copper: 0.37mg (18.46%), Phosphorus: 158.64mg (15.86%), Vitamin A: 733.4IU (14.67%), Zinc: 1.92mg (12.79%), Calcium: 104.37mg (10.44%), Vitamin E: 1.48mg (9.86%), Vitamin B2: 0.17mg (9.7%), Folate: 33.42µg (8.36%), Vitamin C: 5.91mg (7.16%), Vitamin B5: 0.71mg (7.13%), Vitamin B3: 1.3mg (6.48%), Potassium: 222.35mg (6.35%), Magnesium: 23.42mg (5.86%), Vitamin B6: 0.12mg (5.83%), Manganese: 0.07mg (3.51%), Iron: 0.45mg (2.47%), Vitamin B1: 0.03mg (2.08%), Fiber: 0.32g (1.27%)