



Seafood Dip I

 Gluten Free

READY IN



5 min.

SERVINGS



7

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 1.5 cups cocktail sauce
- ☐ 0.8 cup imitation crabmeat

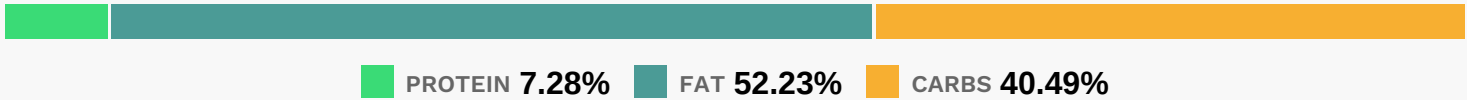
Equipment

- ☐ bowl

Directions

- ☐
- In a bowl, mix the cocktail sauce and crabmeat.
- ☐
- Place block of cream cheese on serving dish, and pour cocktail sauce mixture over the top.

Nutrition Facts



Properties

Glycemic Index:3.86, Glycemic Load:0.48, Inflammation Score:-3, Nutrition Score:1.5678261006656%

Nutrients (% of daily need)

Calories: 194.34kcal (9.72%), Fat: 11.2g (17.22%), Saturated Fat: 6.54g (40.9%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 19.32g (7.02%), Sugar: 13.57g (15.07%), Cholesterol: 34.84mg (11.61%), Sodium: 818.49mg (35.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Vitamin A: 435.12IU (8.7%), Vitamin B2: 0.07mg (4.38%), Selenium: 2.79µg (3.98%), Phosphorus: 34.67mg (3.47%), Calcium: 31.43mg (3.14%), Vitamin E: 0.28mg (1.86%), Vitamin B5: 0.18mg (1.85%), Potassium: 42.77mg (1.22%), Vitamin B12: 0.07µg (1.19%), Zinc: 0.16mg (1.08%)