



## Southwestern Crab Spread

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



94 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 1 cup avocados chopped ( 1 small)
- 6.5 oz crab meat flaked drained canned
- 2 Tbsp green onions chopped
- 0.5 cup real mayo mayonnaise kraft
- 0.5 cup sharp cheddar cheese shredded kraft
- 1 cup tomatoes seeded chopped ( 2 medium)

### Equipment

- bowl

## Directions

- Mix crabmeat, cheese and mayo in medium bowl until well blended.
- Add avocados, tomatoes and onions; mix lightly. Cover.
- Refrigerate at least 1 hour before serving.
- Serve with RITZ Crackers.

## Nutrition Facts



## Properties

Glycemic Index:12.47, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:4.0873913402143%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 94.38kcal (4.72%), Fat: 8.45g (13%), Saturated Fat: 1.84g (11.48%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 0.62g (0.23%), Sugar: 0.4g (0.45%), Cholesterol: 18.82mg (6.27%), Sodium: 142.54mg (6.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Vitamin K: 16.84µg (16.04%), Selenium: 6.55µg (9.36%), Vitamin B12: 0.46µg (7.63%), Copper: 0.13mg (6.41%), Phosphorus: 55.45mg (5.54%), Vitamin E: 0.76mg (5.09%), Zinc: 0.7mg (4.68%), Folate: 17.53µg (4.38%), Calcium: 41.18mg (4.12%), Vitamin C: 2.92mg (3.54%), Fiber: 0.81g (3.24%), Potassium: 110.46mg (3.16%), Vitamin B5: 0.3mg (2.99%), Vitamin A: 148.16IU (2.96%), Vitamin B3: 0.58mg (2.88%), Vitamin B6: 0.06mg (2.82%), Vitamin B2: 0.05mg (2.65%), Magnesium: 9.67mg (2.42%), Manganese: 0.04mg (1.84%), Vitamin B1: 0.02mg (1.03%)