



## Special Day Crab Mold

 Gluten Free

READY IN



260 min.

SERVINGS



16

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 12 ounce crab meat flaked drained canned
- 1 cup celery chopped
- 8 ounce cream cheese softened
- 10.8 ounce cream of chicken soup canned
- 0.3 ounce gelatin powder unflavored
- 4 green onions chopped
- 1 cup mayonnaise
- 1 dash pepper sauce hot to taste tabasco® (such as )

- 3 tablespoons water cold
- 1 teaspoon worcestershire sauce to taste

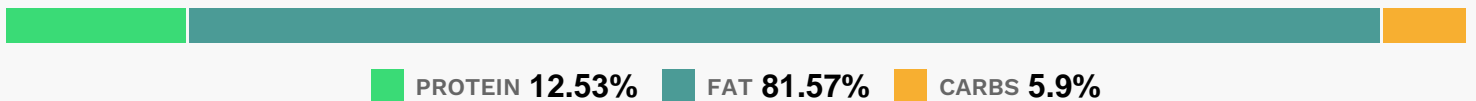
## Equipment

- food processor
- bowl
- sauce pan

## Directions

- Process celery, green onions, and crab in a food processor until finely chopped, about 30 seconds.
- Sprinkle gelatin over cold water in a small bowl; let stand until softened, about 10 minutes.
- Bring chicken soup to a simmer in a saucepan over medium-low heat; stir gelatin mixture into soup, dissolving completely.
- Remove from heat and cool until slightly warm. Stir cream cheese and mayonnaise into soup mixture until smooth; stir Worcestershire sauce and hot sauce into soup mixture.
- Pour soup mixture into food processor with crab mixture and process until smooth, about 1 minute.
- Pour into a 5-cup mold. Chill in refrigerator until set, about 4 hours.

## Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:0.91, Inflammation Score:-3, Nutrition Score:5.847826068816%

## Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 183.22kcal (9.16%), Fat: 16.62g (25.57%), Saturated Fat: 4.87g (30.44%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 2.53g (0.92%), Sugar: 0.91g (1.01%), Cholesterol: 42.34mg (14.11%), Sodium: 398.41mg (17.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.49%), Vitamin K: 32.03µg (30.5%), Selenium: 11.24µg (16.06%), Vitamin B12: 0.76µg (12.6%), Copper: 0.22mg (10.91%), Phosphorus: 76.79mg (7.68%), Vitamin E: 1.11mg (7.39%), Zinc: 0.98mg (6.52%), Vitamin A: 293.12IU (5.86%), Folate: 17.56µg (4.39%), Calcium: 42.3mg (4.23%), Vitamin B2: 0.07mg (4.19%), Vitamin B5: 0.37mg (3.72%), Vitamin B3: 0.71mg (3.56%), Potassium: 113.69mg (3.25%), Magnesium: 11.3mg (2.83%), Vitamin B6: 0.05mg (2.44%), Iron: 0.44mg (2.42%), Manganese: 0.04mg (2.15%), Vitamin C: 1.53mg (1.86%), Vitamin B1: 0.02mg (1.03%)