



Spicy Crab and Shrimp Dip



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



5

CALORIES



859 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pound crab meat cooked
- ☐ 0.3 cup mayonnaise
- ☐ 2 pound loaves processed cheese food mexican-style cubed
- ☐ 0.5 pound shrimp cooked peeled
- ☐ 3 tablespoons worcestershire sauce

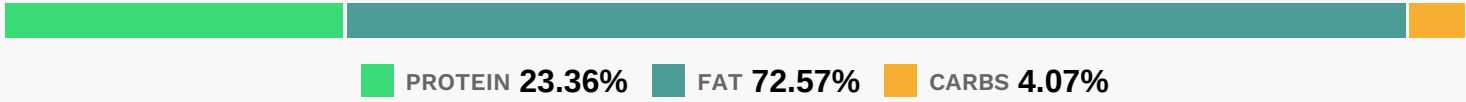
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium baking dish, mix Mexican-style processed cheese food, mayonnaise, Worcestershire sauce, shrimp and crabmeat.
- ☐ Bake in the preheated oven 45 minutes, or until bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:15.4, Glycemic Load:1.86, Inflammation Score:-8, Nutrition Score:28.082608772361%

Nutrients (% of daily need)

Calories: 858.74kcal (42.94%), Fat: 69.42g (106.79%), Saturated Fat: 34.65g (216.54%), Carbohydrates: 8.76g (2.92%), Net Carbohydrates: 8.76g (3.18%), Sugar: 5.21g (5.78%), Cholesterol: 304.74mg (101.58%), Sodium: 3568.59mg (155.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.27g (100.55%), Calcium: 1978.43mg (197.84%), Phosphorus: 1375.48mg (137.55%), Selenium: 56.5µg (80.72%), Vitamin B12: 4.25µg (70.83%), Zinc: 6.9mg (45.97%), Vitamin A: 1733.25IU (34.67%), Copper: 0.65mg (32.66%), Vitamin B2: 0.48mg (28.4%), Vitamin K: 29.3µg (27.9%), Magnesium: 80.85mg (20.21%), Vitamin E: 2.78mg (18.56%), Potassium: 561.31mg (16.04%), Iron: 2.18mg (12.1%), Vitamin B5: 1.21mg (12.09%), Folate: 39.21µg (9.8%), Vitamin B6: 0.17mg (8.5%), Vitamin D: 1.12µg (7.46%), Vitamin B3: 1.46mg (7.28%), Manganese: 0.12mg (6.2%), Vitamin C: 2.82mg (3.42%), Vitamin B1: 0.05mg (3.09%)