



Spicy Maryland Crab Dip

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 pound crab meat fresh
- ☐ 8 ounce cream cheese softened
- ☐ 1 teaspoon mustard dry
- ☐ 8 servings garlic powder to taste
- ☐ 3 dashes hot sauce
- ☐ 1.5 tablespoons juice of lemon
- ☐ 2 tablespoons mayonnaise
- ☐ 8 servings old bay seasoning tm to taste

- ☐ 0.5 cup cheddar cheese shredded
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 teaspoons worcestershire sauce

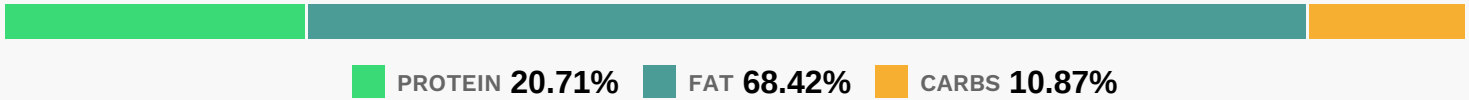
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Lightly grease a 1 quart baking dish.
- ☐ In a medium bowl, mix cream cheese, sour cream, mayonnaise, lemon juice, Worcestershire sauce, dry mustard, garlic powder and about 2 tablespoons of the Cheddar cheese. Fold in crabmeat, hot sauce and 2 tablespoons seafood seasoning.
- ☐ Transfer the mixture to the prepared baking dish. Top with remaining Cheddar cheese and seafood seasoning.
- ☐ Bake in the preheated oven 30 minutes, or until bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.57, Inflammation Score:-5, Nutrition Score:12.434782674779%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 235.14kcal (11.76%), Fat: 18.09g (27.82%), Saturated Fat: 9.06g (56.64%), Carbohydrates: 6.47g (2.16%), Net Carbohydrates: 5.93g (2.16%), Sugar: 1.97g (2.19%), Cholesterol: 63.51mg (21.17%), Sodium: 540.28mg (23.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.31g (24.63%), Vitamin B12: 4µg (66.65%), Selenium: 21.92µg

(31.31%), Copper: 0.44mg (22.03%), Vitamin K: 22.83µg (21.75%), Zinc: 3.16mg (21.04%), Phosphorus: 186.51mg (18.65%), Calcium: 136.52mg (13.65%), Vitamin A: 607.67IU (12.15%), Manganese: 0.19mg (9.68%), Vitamin B2: 0.15mg (8.86%), Magnesium: 34.85mg (8.71%), Vitamin B6: 0.17mg (8.45%), Folate: 29.04µg (7.26%), Iron: 1.29mg (7.17%), Potassium: 214.54mg (6.13%), Vitamin C: 4.71mg (5.71%), Vitamin B5: 0.42mg (4.22%), Vitamin E: 0.53mg (3.54%), Vitamin B1: 0.05mg (3.48%), Vitamin B3: 0.62mg (3.09%), Fiber: 0.54g (2.14%)