



Steamed Artichoke Crab Dip

READY IN



45 min.

SERVINGS



8

CALORIES



746 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 large globe artichokes
- ☐ 1 baguette french
- ☐ 1 bunch flat-leaf parsley fresh for garnish
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1 teaspoon juice of lemon
- ☐ 8 servings juice of lemon
- ☐ 1 cup lump crab meat fresh picked over
- ☐ 1 cup mayonnaise
- ☐ 8 servings olive oil

- ☐ 8 servings olive oil extra-virgin
- ☐ 8 servings parmesan grated
- ☐ 1 cup cup heavy whipping cream sour

Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ ramekin
- ☐ microwave

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Combine mayonnaise, sour cream, lemon, salt and pepper in a mixing bowl and stir to combine.
- ☐ Add chopped, cooked artichoke hearts and lump crabmeat. Stir well and season with more salt and pepper, if necessary.
- ☐ Pour into an oven proof dish (a large ramekin works well) and bake dip for 10 to 12 minutes until heated through and top is nice and bubbly.
- ☐ Serve with Croutons and garnish with parsley sprigs and Parmesan.
- ☐ Trim artichokes down to their hearts, working quickly so they don't go too brown (you can rub with lemon juice as you go if you like). Split hearts in half lengthwise and drizzle with a little olive oil and season with some salt and pepper.
- ☐ Place into a microwave-steamer bag and cook for 2 to 3 minutes in your microwave (time may vary depending on your microwave). When done allow to sit in the bag for 1 minute then remove and roughly chop. Set aside to cool.
- ☐ Preheat oven to 350 degrees F.
- ☐ Cut baguette on a slight bias and lay out on a sheet tray.
- ☐ Drizzle with olive oil and season lightly with salt and pepper.
- ☐ Bake in the oven for 5 to 7 minutes until golden brown and crispy.

Nutrition Facts



Properties

Glycemic Index:30.59, Glycemic Load:11.73, Inflammation Score:-8, Nutrition Score:24.082608746446%

Flavonoids

Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 2.26mg, Hesperetin: 2.26mg, Hesperetin: 2.26mg, Hesperetin: 2.26mg Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg Apigenin: 19.92mg, Apigenin: 19.92mg, Apigenin: 19.92mg, Apigenin: 19.92mg Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 745.83kcal (37.29%), Fat: 63.44g (97.6%), Saturated Fat: 15.19g (94.97%), Carbohydrates: 25.47g (8.49%), Net Carbohydrates: 21.22g (7.72%), Sugar: 3.9g (4.34%), Cholesterol: 57.94mg (19.31%), Sodium: 1097.83mg (47.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.76g (41.53%), Vitamin K: 190.38µg (181.31%), Calcium: 467.17mg (46.72%), Vitamin B12: 2.34µg (39.07%), Phosphorus: 371.82mg (37.18%), Vitamin E: 5.41mg (36.06%), Selenium: 21.63µg (30.89%), Vitamin C: 24.36mg (29.53%), Folate: 103.18µg (25.8%), Vitamin A: 1046.24IU (20.92%), Copper: 0.41mg (20.32%), Magnesium: 75.89mg (18.97%), Zinc: 2.84mg (18.94%), Vitamin B2: 0.31mg (18.36%), Vitamin B1: 0.26mg (17.66%), Manganese: 0.34mg (17.25%), Fiber: 4.24g (16.98%), Iron: 2.93mg (16.25%), Vitamin B3: 2.5mg (12.51%), Potassium: 432.68mg (12.36%), Vitamin B6: 0.19mg (9.48%), Vitamin B5: 0.73mg (7.28%), Vitamin D: 0.21µg (1.37%)