



## VELVEETA® Hot 'N Cheesy Crab Dip

 Gluten Free

READY IN



15 min.

SERVINGS



20

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 oz crab meat flaked drained canned
- 0.5 cup knudsen cream sour
- 4 green onions sliced
- 0.1 tsp ground pepper red (cayenne)
- 0.5 cup bell peppers red chopped
- 16 oz velveeta cut into 1/2-inch cubes

### Equipment

- bowl

microwave

## Directions

- Combine first 4 ingredients in large microwaveable bowl.
- Microwave on HIGH 5 min. or until VELVEETA is completely melted and mixture is well blended, stirring after 3 min.
- Stir in remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:4.8, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:4.5839130411977%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 70.57kcal (3.53%), Fat: 3.6g (5.54%), Saturated Fat: 2.21g (13.82%), Carbohydrates: 3.35g (1.12%), Net Carbohydrates: 3.21g (1.17%), Sugar: 2.34g (2.6%), Cholesterol: 21.17mg (7.06%), Sodium: 409.9mg (17.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.38%), Phosphorus: 258.4mg (25.84%), Calcium: 145.73mg (14.57%), Vitamin B2: 0.17mg (10.01%), Vitamin A: 403.95IU (8.08%), Vitamin C: 5.58mg (6.77%), Zinc: 0.93mg (6.18%), Selenium: 3.88µg (5.54%), Vitamin K: 5.27µg (5.02%), Vitamin B12: 0.3µg (4.92%), Copper: 0.07mg (3.65%), Potassium: 122.17mg (3.49%), Folate: 7.94µg (1.99%), Vitamin E: 0.25mg (1.69%), Vitamin B3: 0.29mg (1.45%), Vitamin B6: 0.03mg (1.41%), Vitamin B5: 0.12mg (1.18%), Magnesium: 4.58mg (1.15%)