



Warm Asparagus-Crab Spread

READY IN



30 min.

SERVINGS



12

CALORIES



292 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 15 ounces asparagus drained chopped canned
- 12 ounces crabmeat flaked drained canned
- 2 teaspoons canola oil
- 0.5 cup cashew pieces chopped
- 12 servings round buttery crackers assorted
- 3 spring onion sliced
- 2 medium jalapeno seeded finely chopped
- 1 cup mayonnaise
- 0.5 cup parmesan shredded grated

1 medium bell pepper sweet red chopped

Equipment

frying pan

oven

baking pan

Directions

In a large skillet, saute the red pepper, onions and jalapenos in oil until tender.

Add the asparagus, crab, mayonnaise and cheese.

Transfer to a greased 1-qt. baking dish.

Sprinkle with cashews.

Bake, uncovered, at 375° for 20–25 minutes or until bubbly.

Serve with crackers.

Nutrition Facts

 **PROTEIN 13.3%**  **FAT 67.9%**  **CARBS 18.8%**

Properties

Glycemic Index:16.52, Glycemic Load:0.65, Inflammation Score:-6, Nutrition Score:14.19478253178%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 292.08kcal (14.6%), Fat: 22.26g (34.25%), Saturated Fat: 4.33g (27.03%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 12.4g (4.51%), Sugar: 2.72g (3.02%), Cholesterol: 38.17mg (12.72%), Sodium: 589.31mg (25.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.81g (19.62%), Vitamin K: 62.65µg (59.67%), Vitamin C: 22.87mg (27.72%), Selenium: 15.97µg (22.82%), Copper: 0.41mg (20.64%), Phosphorus: 194.26mg (19.43%), Vitamin E: 2.56mg (17.04%), Folate: 67.91µg (16.98%), Vitamin B12: 1.02µg (16.94%), Vitamin A: 702.09IU (14.04%), Manganese: 0.28mg (13.84%), Zinc: 1.81mg (12.08%), Iron: 2.03mg (11.28%), Calcium: 112.06mg (11.21%), Vitamin B3: 2.11mg (10.55%), Magnesium: 36.64mg (9.16%), Vitamin B1: 0.13mg (8.8%), Vitamin B2: 0.14mg (8.07%), Vitamin B6:

0.16mg (8.05%), Potassium: 231.45mg (6.61%), Fiber: 1.46g (5.86%), Vitamin B5: 0.53mg (5.3%)