



Warm Chives-and-Onion Crab Dip

READY IN



50 min.

SERVINGS



36

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz creamy pimiento cheese
- 4 oz parmesan shredded
- 1 cup mayonnaise
- 1 tablespoon dijon mustard
- 1 tablespoon juice of lemon fresh
- 0.3 teaspoon ground pepper red (cayenne)
- 1 lb lump crab meat fresh
- 1 serving chives fresh chopped
- 1 serving pita chips

Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 350°F. Spray 9-inch glass pie plate or shallow baking dish with cooking spray.
- In medium bowl, mix cream cheese spread, Parmesan cheese, mayonnaise, mustard, lemon juice and red pepper. Fold in crabmeat.
- Spread mixture in pie plate.
- Bake 40 minutes or until hot and bubbly.
- Garnish with chives.
- Serve with crostini.

Nutrition Facts

PROTEIN 14.18% **FAT 76.65%** **CARBS 9.17%**

Properties

Glycemic Index:5.17, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:3.5899999718303%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 108.13kcal (5.41%), Fat: 8.66g (13.32%), Saturated Fat: 2.41g (15.09%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 2.28g (0.83%), Sugar: 1.26g (1.4%), Cholesterol: 16.92mg (5.64%), Sodium: 337.12mg (14.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.21%), Vitamin B12: 1.18µg (19.65%), Vitamin K: 10.28µg (9.79%), Calcium: 89.87mg (8.99%), Selenium: 5.84µg (8.34%), Copper: 0.12mg (6%), Zinc: 0.86mg (5.71%), Phosphorus: 52.27mg (5.23%), Vitamin A: 153.51IU (3.07%), Vitamin C: 1.9mg (2.3%), Magnesium: 8.17mg (2.04%), Folate: 7.28µg (1.82%), Vitamin E: 0.27mg (1.81%), Vitamin B6: 0.02mg (1.2%), Vitamin B2: 0.02mg (1.17%), Vitamin B3: 0.21mg (1.03%)