



Warm Chives-and-Onion Crab Dip

READY IN



50 min.

SERVINGS



36

CALORIES



225 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

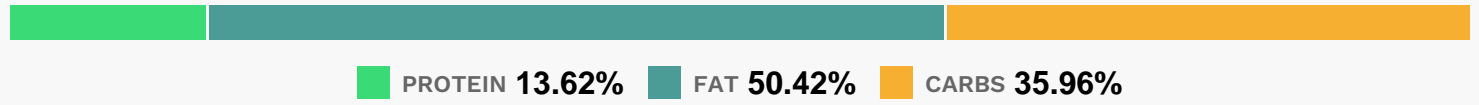
Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 350F. 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



Properties

Glycemic Index:5.17, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:7.6921738515729%

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 Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 225.14kcal (11.26%), Fat: 12.55g (19.31%), Saturated Fat: 3.39g (21.19%), Carbohydrates: 20.14g (6.71%), Net Carbohydrates: 19.03g (6.92%), Sugar: 1.82g (2.02%), Cholesterol: 17.86mg (5.95%), Sodium: 497.51mg (21.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.26%), Selenium: 14.86µg (21.23%), Vitamin B12: 1.18µg (19.65%), Vitamin E: 2.16mg (14.4%), Vitamin K: 12.68µg (12.08%), Folate: 45.05µg (11.26%), Vitamin B1: 0.17mg (11.05%), Vitamin B3: 2.13mg (10.64%), Manganese: 0.19mg (9.75%), Phosphorus: 86.58mg (8.66%), Copper: 0.16mg

(7.99%), Iron: 1.42mg (7.9%), Zinc: 1.12mg (7.49%), Calcium: 64.7mg (6.47%), Vitamin B2: 0.1mg (6.15%), Magnesium: 18.65mg (4.66%), Fiber: 1.1g (4.45%), Vitamin A: 20IU (4.02%), Vitamin B6: 0.05mg (2.75%), Vitamin B5: 0.21mg (2.14%), Potassium: 70.26mg (2.01%), Vitamin C: 1.64mg (1.98%)