



Warm Crab Dip

READY IN



10 min.

SERVINGS



3

CALORIES



664 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 3 servings coarse kosher salt and pepper black freshly ground
- ☐ 3 servings round buttery crackers for serving
- ☐ 8 ounces cream cheese at room temperature
- ☐ 1 teaspoon dijon mustard to taste
- ☐ 2 tablespoons cooking wine dry white
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 3 servings hot sauce for serving
- ☐ 1 jalapeño cored sliced chopped for serving

- ☐ 1 pound lump crab meat picked over for cartilage
- ☐ 3 tablespoons mayonnaise
- ☐ 0.5 cup panko breadcrumbs
- ☐ 1 tablespoon butter unsalted for the dish at room temperature

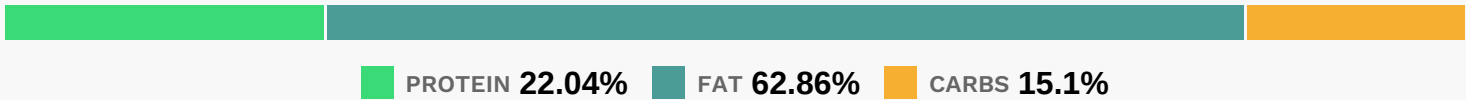
Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler
- ☐ spatula

Directions

- ☐ Position an oven rack 4 inches below the broiler element and heat the broiler. Butter a medium gratin dish.
- ☐ Combine the cream cheese, mayonnaise, mustard and cayenne pepper in a bowl. Season with salt and pepper.
- ☐ Add the tarragon and wine and stir until smooth. Using a large spatula, fold in the crabmeat, taking care not to break the lumps. Taste and adjust the seasoning with salt and pepper.
- ☐ Transfer to the prepared dish and top with the breadcrumbs. Broil until golden brown, about 5 minutes, depending on the strength of your broiler.
- ☐ Serve warm on crackers topped with both chopped and sliced jalapenos and hot sauce on the side.

Nutrition Facts



Properties

Glycemic Index:96.67, Glycemic Load:2.69, Inflammation Score:-9, Nutrition Score:31.857391621756%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 663.61kcal (33.18%), Fat: 45.86g (70.55%), Saturated Fat: 20.54g (128.36%), Carbohydrates: 24.77g (8.26%), Net Carbohydrates: 23.33g (8.49%), Sugar: 5.18g (5.75%), Cholesterol: 155.77mg (51.92%), Sodium: 1829.7mg (79.55%), Alcohol: 1.03g (100%), Alcohol %: 0.45% (100%), Protein: 36.18g (72.37%), Vitamin B12: 13.83µg (230.56%), Selenium: 65.98µg (94.26%), Copper: 1.49mg (74.69%), Zinc: 9.86mg (65.72%), Phosphorus: 496.33mg (49.63%), Vitamin K: 34.62µg (32.97%), Manganese: 0.65mg (32.59%), Vitamin A: 1494.85IU (29.9%), Folate: 110.85µg (27.71%), Magnesium: 107.59mg (26.9%), Calcium: 244.42mg (24.44%), Vitamin B2: 0.4mg (23.29%), Vitamin C: 18.66mg (22.62%), Vitamin B6: 0.43mg (21.74%), Iron: 3.8mg (21.11%), Vitamin B3: 3.69mg (18.46%), Vitamin B1: 0.27mg (17.96%), Potassium: 617.73mg (17.65%), Vitamin E: 2.01mg (13.39%), Vitamin B5: 1.13mg (11.29%), Fiber: 1.44g (5.75%)