



Warm Crab Dip II

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounce crab meat canned drained
- ☐ 8 ounce cream cheese softened
- ☐ 1 green onion chopped
- ☐ 2 teaspoons juice of lemon
- ☐ 3 tablespoons mayonnaise
- ☐ 1 tablespoon worcestershire sauce

Equipment

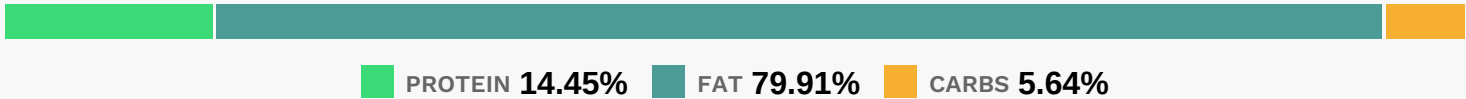
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium baking dish, mash the cream cheese with a fork. Blend in the mayonnaise, Worcestershire sauce, lemon juice and green onion.
- ☐ Rinse the crab meat and remove any pieces of shell. Flake the crab meat and mix it into the cream cheese mixture.
- ☐ Bake 15 to 20 minutes in the preheated oven.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.61, Inflammation Score:-4, Nutrition Score:6.6469565817843%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 206.62kcal (10.33%), Fat: 18.46g (28.39%), Saturated Fat: 8.51g (53.2%), Carbohydrates: 2.93g (0.98%), Net Carbohydrates: 2.88g (1.05%), Sugar: 1.83g (2.04%), Cholesterol: 68.62mg (22.87%), Sodium: 359.92mg (15.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.51g (15.02%), Selenium: 15.6µg (22.29%), Vitamin B12: 1.04µg (17.26%), Vitamin K: 16.46µg (15.67%), Copper: 0.25mg (12.32%), Phosphorus: 110.83mg (11.08%), Vitamin A: 535.04IU (10.7%), Zinc: 1.29mg (8.62%), Vitamin E: 1.09mg (7.28%), Vitamin B2: 0.12mg (7.07%), Calcium: 67.6mg (6.76%), Vitamin B5: 0.51mg (5.14%), Folate: 20.05µg (5.01%), Potassium: 154.62mg (4.42%), Vitamin B3: 0.85mg (4.23%), Magnesium: 14.55mg (3.64%), Vitamin B6: 0.07mg (3.4%), Vitamin C: 2.32mg (2.82%), Iron: 0.38mg (2.11%), Manganese: 0.03mg (1.45%), Vitamin B1: 0.02mg (1.29%)