



## Warm Crab Parmesan Dip

 Gluten Free

READY IN



55 min.

SERVINGS



40

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 6 ounce crab meat flaked drained canned
- ☐ 8 ounce cream cheese softened
- ☐ 4 cloves garlic crushed peeled
- ☐ 1 cup mayonnaise
- ☐ 1.5 cups parmesan cheese grated
- ☐ 1 cup cup heavy whipping cream sour

### Equipment

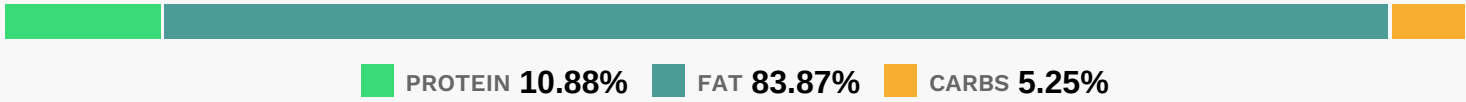
- ☐ oven

☐ baking pan

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a small baking dish, mix the crabmeat, cream cheese, mayonnaise, Parmesan cheese, sour cream and garlic.
- ☐ Bake uncovered in the preheated oven 45 minutes, or until bubbly and lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:2.67, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:2.0817391307944%

## Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 89.07kcal (4.45%), Fat: 8.34g (12.83%), Saturated Fat: 2.97g (18.57%), Carbohydrates: 1.18g (0.39%), Net Carbohydrates: 1.17g (0.43%), Sugar: 0.45g (0.5%), Cholesterol: 18.86mg (6.29%), Sodium: 144.76mg (6.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.87%), Vitamin K: 9.41µg (8.97%), Selenium: 4.01µg (5.73%), Calcium: 49.32mg (4.93%), Phosphorus: 45.8mg (4.58%), Vitamin B12: 0.22µg (3.72%), Vitamin A: 148.16IU (2.96%), Zinc: 0.38mg (2.56%), Vitamin B2: 0.04mg (2.41%), Vitamin E: 0.35mg (2.35%), Copper: 0.04mg (2.01%), Vitamin B5: 0.12mg (1.18%), Magnesium: 4.06mg (1.01%)