



Warm Crab Parmesan Dip

 Gluten Free

READY IN



55 min.

SERVINGS



40

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounce crabmeat flaked drained canned
- 8 ounce cream cheese softened
- 4 cloves garlic crushed peeled
- 1 cup mayonnaise
- 1.5 cups parmesan cheese grated
- 1 cup 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

 **PROTEIN 10.88%** **FAT 83.87%** **CARBS 5.25%**

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: 0g (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%)