

Southern Seaside Crab Dip

Yield: 8 min
Total Time: 18 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-southern-kitchen-deviled-crab-recipe>

Ingredients:

- 4 ounces cream cheese spread
- 2 cups sweet corn kernels
- 8 ounces swiss cheese shredded
- 1 cup diced tomatoes + jalapenos
- 1/2 cup plain greek yogurt
- 1/4 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 cup crab Classic meat, depending on how much crab you like!
- 4 tablespoons crumbles crushed croutons, bread crumbs, crackers, etc
- 1/4 tablespoon butter melted
- 1/4 teaspoon parsley chopped

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 40 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 11 grams
7. SaturatedFat: 8 grams
8. Sodium: 190 milligrams
9. Sugar: 4 grams

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