

Hot Crab Dip

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/malaysian-crab-recipe>

Ingredients:

- 16 ounces cream cheese light is fine
- 1 cup mayonnaise light is fine, but no Miracle Whip
- 1 cup shredded Parmesan cheese
- 1 1/2 cups crab shredded, or Krab
- 1 lemon small, about 1 tablespoon
- 6 cloves garlic minced
- 1/2 cup green onions chopped, about 1 bunch
- 1 tablespoon coarse grain mustard Creole or mild
- 1/4 teaspoon cayenne pepper optional

Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 155 milligrams
4. Fat: 64 grams
5. Fiber: 2 grams
6. Protein: 16 grams
7. SaturatedFat: 28 grams
8. Sodium: 1130 milligrams
9. Sugar: 7 grams

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