



#### HOT CRAB DIP



Serve this savory dip with assorted controlled carb veggies or crackers.

- 1 package (8 ounces) cream cheese
- 2 tablespoons cream
- 2 green onions, finely chopped
- 2 teaspoons prepared white horseradish
- 1 can (4 1/2 ounces) lump crab meat, rinsed and drained
- 1/4 cup Parmesan cheese

Servings: 8

Prep time: 0:10:00

Bake/Cook time: 0:20:00

Calories: 134

Fat: 11 grams

Protein: 7 grams

Carbohydrates: 1 grams

Fiber: 0 grams

Net Carbs: 1 grams

1. Heat oven to 375 F. Butter a small, shallow baking dish. Mix cream cheese, cream, green onion and horseradish until well combined. Fold in crab meat.
2. Transfer mixture to prepared dish. Smooth top; sprinkle with cheese. Bake 20 minutes until hot and bubbly.