



SPICY CRAB DIP



Canned chipotles en adobo are smoked jalapenos in a tomato vinegar sauce. Serve this dip with endive leaves or thinly sliced cucumbers.

- 1 can (6 ounces) canned white crab meat
- 2 green onions, finely chopped
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 1 canned chipotle en adobo, finely chopped
- 1 teaspoon lemon juice

Servings: 4

Prep time: 0:10:00

Bake/Cook time: 0:00:00

1. Mix all ingredients; chill 1 hour for flavors to blend.

Calories: 77

Fat: 6 grams

Protein: 4 grams

Carbohydrates: 1 grams

Fiber: 0 grams

Net Carbs: 1 grams