

Sauced Crab Ball

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 1 cup

4 ounces cream cheese, softened
1 can (4 ounce) crabmeat, drained
with cartilage removed, flaked
1 teaspoon lemon juice
1/4 teaspoon onion powder
dash hot pepper sauce
1/3 cup seafood cocktail sauce
chopped fresh chives (for garnish)

In a small bowl, place the cream cheese, crabmeat, lemon juice, onion powder and hot sauce. Beat until well combined. Shape into a ball.

Cover and chill.

Just before serving place the crab ball on a serving plate. Pour cocktail sauce over the crab ball. Garnish with chives. Add more cocktail sauce as needed.

Per Serving (excluding unknown items): 516 Calories; 41g Fat (71.4% calories from fat); 33g Protein; 4g Carbohydrate; trace Dietary Fiber; 230mg Cholesterol; 731mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Fruit; 7 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	516	Vitamin B6 (mg):	.3mg
% Calories from Fat:	71.4%	Vitamin B12 (mcg):	12.6mcg
% Calories from Carbohydrates:	3.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	25.6%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	41g	Folacin (mcg):	76mcg
Saturated Fat (g):	25g	Niacin (mg):	4mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	230mg	% Refuse:	0 0%
Carbohydrate (g):	4g		
Dietary Fiber (g):	trace	Food Exchanges	
Protein (g):	33g	Grain (Starch):	0
	731mg	Lean Meat:	4 1/2
			0
			1

Sodium (mg):
Potassium (mg): 591mg
Calcium (mg): 213mg
Iron (mg): 2mg
Zinc (mg): 5mg
Vitamin C (mg): 6mg
Vitamin A (i.u.): 1626IU
Vitamin A (r.e.): 490 1/2RE

Vegetable:
Fruit: 0
Non-Fat Milk: 0
Fat: 7 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 516 **Calories from Fat:** 369

% Daily Values*

Total Fat 41g	63%
Saturated Fat 25g	126%
Cholesterol 230mg	77%
Sodium 731mg	30%
Total Carbohydrates 4g	1%
Dietary Fiber trace	0%
Protein 33g	
Vitamin A	33%
Vitamin C	11%
Calcium	21%
Iron	13%

* Percent Daily Values are based on a 2000 calorie diet.