

Appetizers

Baked Crab Dip

Publix Flyer

Servings: 8

Bake Time: 30 minutes

1 Pkg (8 Oz) Cream cheese
1/2 cup Sour cream
2 tablespoons Mayonnaise
1 tablespoon Lemon juice
1 1/4 teaspoons Worcestershire sauce
1/2 teaspoon Dry mustard
Pinch Onion salt
1 cup Crabmeat
Few Drops Oil, for consistency
Cheddar cheese, grated

Preheat oven to 325 degrees.

In an ovenproof dish, combine cream cheese, sour cream, mayonnaise, lemon juice, Worcestershire sauce, mustard and salt.

Fold in crabmeat.

Add few drops of milk to make creamy. Stir in cheese to taste and sprinkle some cheese over top.

Bake at 325 degrees for 30 minutes. Serve with crackers.

Per Serving (excluding unknown items): 173 Calories; 16g Fat (83.0% calories from fat); 6g Protein; 2g Carbohydrate; trace Dietary Fiber; 53mg Cholesterol; 170mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.