

# Crab Dip II

*Rbett Infinger*

*Gourmet Eating in South Carolina - (1985)*

*1 pound crabmeat*  
*1 pound Cheddar cheese, grated*  
*1/2 cup mayonnaise*  
*1/2 cup sour cream*  
*1 tablespoon French dressing*  
*1/2 teaspoon horseradish*  
*salt (to taste)*  
*pepper (to taste)*

In a bowl, mix together the mayonnaise and sour cream.

Add the French dressing, horseradish, salt and pepper.

Fold in the Cheddar cheese and crabmeat.

Serve with assorted crackers.

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Per Serving (excluding unknown items): 3259 Calories; 273g Fat (74.4% calories from fat); 200g Protein; 11g Carbohydrate; trace Dietary Fiber; 920mg Cholesterol; 4837mg Sodium. Exchanges: 26 1/2 Lean Meat; 1/2 Non-Fat Milk; 32 1/2 Fat; 0 Other Carbohydrates.

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## Appetizers

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	3259	<b>Vitamin B6 (mg):</b>	1.6mg
<b>% Calories from Fat:</b>	74.4%	<b>Vitamin B12 (mcg):</b>	45.2mcg
<b>% Calories from Carbohydrates:</b>	1.4%	<b>Thiamin B1 (mg):</b>	.5mg
<b>% Calories from Protein:</b>	24.2%	<b>Riboflavin B2 (mg):</b>	2.0mg
<b>Total Fat (g):</b>	273g	<b>Folacin (mcg):</b>	303mcg
<b>Saturated Fat (g):</b>	125g	<b>Niacin (mg):</b>	13mg
<b>Monounsaturated Fat (g):</b>	75g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	52g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	920mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	11g		
<b>Dietary Fiber (g):</b>	trace	<b>Food Exchanges</b>	
<b>Protein (g):</b>	200g	<b>Grain (Starch):</b>	0
<b>Sodium (mg):</b>	4837mg	<b>Lean Meat:</b>	26 1/2
<b>Potassium (mg):</b>	2152mg	<b>Vegetable:</b>	0
		<b>Fruit:</b>	0

**Calcium (mg):** 3834mg  
**Iron (mg):** 7mg  
**Zinc (mg):** 31mg  
**Vitamin C (mg):** 15mg  
**Vitamin A (i.u.):** 6047IU  
**Vitamin A (r.e.):** 1787RE

**Non-Fat Milk:** 1/2  
**Fat:** 32 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 3259                      **Calories from Fat:** 2425

### % Daily Values\*

<b>Total Fat</b> 273g	420%
Saturated Fat 125g	623%
<b>Cholesterol</b> 920mg	307%
<b>Sodium</b> 4837mg	202%
<b>Total Carbohydrates</b> 11g	4%
Dietary Fiber trace	0%
<b>Protein</b> 200g	
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<b>Vitamin A</b>	121%
<b>Vitamin C</b>	25%
<b>Calcium</b>	383%
<b>Iron</b>	39%

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