

Crab Meat Dip

Mrs Donald B Reibel

St Timothy's - Hale Schools - Raleigh, NC - 1976

*1 cup mayonnaise
1/2 cup sour cream
1 tablespoon parsley flakes
1 teaspoon lemon juice
salt (to taste)
pepper (to taste)
1 can (6-1/2 ounce) crab
meat*

In a bowl, combine all of the ingredients.

Chill for at least two hours.

Serve with raw vegetables or toast rounds.

Per Serving (excluding unknown items): 1958 Calories; 213g Fat (92.4% calories from fat); 34g Protein; 5g Carbohydrate; trace Dietary Fiber; 248mg Cholesterol; 1761mg Sodium. Exchanges: 4 Lean Meat; 0 Fruit; 1/2 Non-Fat Milk; 20 1/2 Fat.