

Creamy Crab and Clam Dip

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Yield: 4 cups

1 bunch scallions, trimmed and diced
3 cans (6.5 ounce ea) chopped clams
in juice, drained
1 can (8 ounce) jumbo crab meat
1 package (8 ounce) Neufchatel
cheese, softened
1/2 cup light mayonnaise
2 cloves garlic, minced
1 teaspoon Worcestershire sauce
1 teaspoon reduced-sodium Old Bay
seasoning
hot sauce (optional)
crackers

Preparation Time: 15 minutes

Slow Cooker: 2 hours

Coat the bowl of a slow cooker with nonstick cooking spray.

Reserve two tablespoons of the scallions.

In the bowl of the slow cooker, combine the clams, crab meat, Neufchatel cheese, mayonnaise, garlic, Worcestershire sauce, Old Bay seasoning and remaining scallions.

Cover and cook on HIGH for two hours.

Stir in a few drops of hot sauce, if desired.

Serve on crackers topped with the reserved scallions.

Per Serving (excluding unknown items): 590 Calories; 50g Fat (74.2% calories from fat); 12g Protein; 27g Carbohydrate; 1g Dietary Fiber; 129mg Cholesterol; 1102mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2 Vegetable; 8 Fat; 1 1/2 Other Carbohydrates.

Appetizers, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	590	Vitamin B6 (mg):	.1mg
% Calories from Fat:	74.2%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	17.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.2%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	50g	Folacin (mcg):	23mcg
Saturated Fat (g):	21g	Niacin (mg):	trace

Monounsaturated Fat (g): 13g
Polyunsaturated Fat (g): 13g
Cholesterol (mg): 129mg
Carbohydrate (g): 27g
Dietary Fiber (g): 1g
Protein (g): 12g
Sodium (mg): 1102mg
Potassium (mg): 247mg
Calcium (mg): 112mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 14mg
Vitamin A (i.u.): 1349IU
Vitamin A (r.e.): 393RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 8
Other Carbohydrates: 1 1/2

Nutrition Facts

Amount Per Serving

Calories 590 **Calories from Fat:** 437

% Daily Values*

Total Fat 50g	76%
Saturated Fat 21g	104%
Cholesterol 129mg	43%
Sodium 1102mg	46%
Total Carbohydrates 27g	9%
Dietary Fiber 1g	2%
Protein 12g	
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Vitamin A	27%
Vitamin C	23%
Calcium	11%
Iron	5%

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