

# Delicious Baked Crab Dip

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*1/2 pound jumbo lump crabmeat  
1 cup Cheddar cheese, shredded  
1/2 cup mozzarella cheese, shredded  
1/4 cup Pecorino cheese, finely grated  
1/2 cup mayonnaise  
2 cloves garlic, pressed  
3 tablespoons Worcestershire sauce  
juice of one lime  
1 teaspoon Tabasco sauce  
1 tablespoon Dijon mustard  
salt (to taste)  
pepper (to taste)*

Preheat the oven to 325 degrees.

In a medium bowl, mix all of the ingredients well.

Transfer the mixture to a casserole dish.

Bake for 30 to 35 minutes.

Allow to cool somewhat before serving.

Serve with crackers or pita chips.

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Per Serving (excluding unknown items): 1483 Calories; 146g Fat (85.0% calories from fat); 44g Protein; 14g Carbohydrate; 1g Dietary Fiber; 208mg Cholesterol; 2216mg Sodium. Exchanges: 6 Lean Meat; 1/2 Vegetable; 15 Fat; 1/2 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	1483
<b>% Calories from Fat:</b>	85.0%
<b>% Calories from Carbohydrates:</b>	3.7%
<b>% Calories from Protein:</b>	11.3%
<b>Total Fat (g):</b>	146g
<b>Saturated Fat (g):</b>	46g
<b>Monounsaturated Fat (g):</b>	40g
<b>Polyunsaturated Fat (g):</b>	47g
<b>Cholesterol (mg):</b>	208mg
<b>Carbohydrate (g):</b>	14g
<b>Dietary Fiber (g):</b>	1g
<b>Protein (g):</b>	44g
<b>Sodium (mg):</b>	2216mg

<b>Vitamin B6 (mg):</b>	.8mg
<b>Vitamin B12 (mcg):</b>	1.6mcg
<b>Thiamin B1 (mg):</b>	trace
<b>Riboflavin B2 (mg):</b>	.7mg
<b>Folacin (mcg):</b>	35mcg
<b>Niacin (mg):</b>	trace
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refused:</b>	0.0%

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## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	6
<b>Vegetable:</b>	1/2

**Potassium (mg):** 598mg  
**Calcium (mg):** 1236mg  
**Iron (mg):** 5mg  
**Zinc (mg):** 5mg  
**Vitamin C (mg):** 86mg  
**Vitamin A (i.u.):** 2100IU  
**Vitamin A (r.e.):** 594RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 15  
**Other Carbohydrates:** 1/2

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## Nutrition Facts

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### Amount Per Serving

**Calories** 1483                      **Calories from Fat:** 1260

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### % Daily Values\*

<b>Total Fat</b> 146g	224%
Saturated Fat 46g	229%
<b>Cholesterol</b> 208mg	69%
<b>Sodium</b> 2216mg	92%
<b>Total Carbohydrates</b> 14g	5%
Dietary Fiber 1g	2%
<b>Protein</b> 44g	
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<b>Vitamin A</b>	42%
<b>Vitamin C</b>	144%
<b>Calcium</b>	124%
<b>Iron</b>	25%

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