

Dips

Hot Crab Dip

1 pkg (8 oz) cream cheese frosting, softened
1/2 cup sweet onion, finely chopped
1/4 cup grated Parmesan cheese
1/4 cup mayonnaise
2 garlic cloves, minced
2 teaspoons sugar, 1/2" cubes
6 crabmeat, drained, flaked and cartilage removed

In a 1 1/2-qt slow cooker, combine the first six ingredients; stir in crab. Cover and cook on LOW for 2-3 hours or until heated through.

Serving Ideas: Serve with crackers.

Yield: 2 cups

Per Serving (excluding unknown items): 1288 Calories; 63g Fat (44.1% calories from fat); 156g Protein; 22g Carbohydrate; 2g Dietary Fiber; 667mg Cholesterol; 3077mg Sodium. Exchanges: 20 1/2 Lean Meat; 1 1/2 Vegetable; 4 1/2 Fat; 1 Other Carbohydrates.