

Crab Puffs

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Yield: 30 puffs

*1 cup water
1/2 cup butter
1 cup all-purpose flour
1/4 teaspoon salt
4 eggs
1/4 cup Parmesan cheese, grated*

FILLING

*6 eggs, hard-boiled and chopped
1 can (7-1/2 ounce) crabmeat,
drained and chopped
1/4 cup onion, chopped
1 cup celery, finely chopped
1/2 cup mayonnaise
1/2 teaspoon mustard
1/2 teaspoon salt*

Preheat the oven to 400 degrees.

In a saucepan, bring the water and butter to a rolling boil. Add the flour and salt. Stir vigorously over low heat until the mixture leaves the sides of the pan and forms a ball. Remove from the heat.

Add the eggs, all at one time. Beat until smooth. Beat in the cheese. Drop by tablespoonful on a lightly greased 15x10x1-inch baking sheet.

Bake for 18 to 20 minutes or until golden brown.

Pierce the puffs with a knife to enable steam to escape. Return to the oven for 5 additional minutes.

Cool on wire racks. Cut the tops off and set aside.

Make the filling: In a bowl, thoroughly combine the eggs, crabmeat, onion, celery, mayonnaise, dry mustard and salt.

Using about two teaspoonfuls of filling per puff, fill each puff with the crab mixture. Replace the tops and chill.

Per Serving (excluding unknown items): 3041 Calories; 244g Fat (71.4% calories from fat); 112g Protein; 108g Carbohydrate; 6g Dietary Fiber; 2528mg Cholesterol; 4775mg Sodium. Exchanges: 6 1/2 Grain(Starch); 12 1/2 Lean Meat; 1 1/2 Vegetable; 30 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	3041	Vitamin B6 (mg):	1.7mg
% Calories from Fat:	71.4%	Vitamin B12 (mcg):	19.4mcg
% Calories from Carbohydrates:	14.0%	Thiamin B1 (mg):	1.5mg
% Calories from Protein:	14.6%	Riboflavin B2 (mg):	3.2mg
Total Fat (g):	244g	Folacin (mcg):	547mcg
Saturated Fat (g):	90g	Niacin (mg):	12mg
Monounsaturated Fat (g):	73g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	57g	Alcohol (kcal):	0
Cholesterol (mg):	2528mg	% Daily Value:	0.0%
Carbohydrate (g):	108g	Food Exchanges	
Dietary Fiber (g):	6g	Grain (Starch):	6 1/2
Protein (g):	112g	Lean Meat:	12 1/2
Sodium (mg):	4775mg	Vegetable:	1 1/2
Potassium (mg):	1747mg	Fruit:	0
Calcium (mg):	794mg	Non-Fat Milk:	0
Iron (mg):	18mg	Fat:	30 1/2
Zinc (mg):	12mg	Other Carbohydrates:	0
Vitamin C (mg):	15mg		
Vitamin A (i.u.):	6524IU		
Vitamin A (r.e.):	1680 1/2RE		

Nutrition Facts

Amount Per Serving

Calories 3041 Calories from Fat: 2171

% Daily Values*

Total Fat	244g	376%
Saturated Fat	90g	450%
Cholesterol	2528mg	843%
Sodium	4775mg	199%
Total Carbohydrates	108g	36%
Dietary Fiber	6g	25%
Protein	112g	
Vitamin A		130%
Vitamin C		25%
Calcium		79%
Iron		97%

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