

Gail's Super Crabmeat Spread

Gail Lynn

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

Servings: 8

2 packages (6 ounce ea) frozen crabmeat, thawed
2 packages (8 ounce ea) cream cheese, softened
2 teaspoons Worcestershire sauce
8 tablespoons ketchup
3 tablespoons sour cream
1 small onion, grated

Drain the crabmeat and remove any cartilage.

In a small bowl, combine the crabmeat, cream cheese, Worcestershire, ketchup, sour cream and onion.

Cover with plastic wrap and refrigerate overnight to develop the flavors.

Serve with crackers.

(Shrimp may be substituted for the crabmeat.)

Per Serving (excluding unknown items): 236 Calories; 21g Fat (79.8% calories from fat); 5g Protein; 7g Carbohydrate; trace Dietary Fiber; 66mg Cholesterol; 365mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 4 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	236	Vitamin B6 (mg):	.1mg
% Calories from Fat:	79.8%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	12.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	21g	Folacin (mcg):	13mcg
Saturated Fat (g):	13g	Niacin (mg):	trace
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	66mg	% Refuse:	n n%
Carbohydrate (g):	7g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0

Protein (g): 5g
Sodium (mg): 365mg
Potassium (mg): 181mg
Calcium (mg): 60mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 5mg
Vitamin A (i.u.): 1024IU
Vitamin A (r.e.): 278RE

Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 4
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 236 **Calories from Fat:** 188

% Daily Values*

Total Fat	21g	33%
	Saturated Fat 13g	67%
Cholesterol	66mg	22%
Sodium	365mg	15%
Total Carbohydrates	7g	2%
	Dietary Fiber trace	2%
Protein	5g	

Vitamin A		20%
Vitamin C		9%
Calcium		6%
Iron		5%

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