

Hot Crab Spread II

Holmes Retreat - Pocatello, ID

The Great Country Inns of America Cookbook (2nd ed) (1992)

Yield: 2 cups

1 tablespoon milk
8 ounces cream cheese, softened
3 tablespoons onion, chopped
1 tablespoon horseradish
1/4 teaspoon salt
1 or 2 dashes Tabasco sauce
8 ounces cooked crabmeat, cut into
3/4-inch cubes
1/3 cup sliced almonds

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Preheat the oven to 350 degrees.

In a bowl, mix the milk, cream cheese, onion, horseradish, salt and Tabasco sauce.

Fold in the crabmeat.

Transfer to a 6x4x2-inch baking dish.

Sprinkle the top with the almonds.

Bake until the mixture bubbles.

Serve with crackers.

Per Serving (excluding unknown items): 1103 Calories; 105g Fat (82.9% calories from fat); 28g Protein; 21g Carbohydrate; 4g Dietary Fiber; 251mg Cholesterol; 1300mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 19 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1103	Vitamin B6 (mg):	.2mg
% Calories from Fat:	82.9%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	7.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	9.9%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	105g	Folacin (mcg):	57mcg
Saturated Fat (g):	53g	Niacin (mg):	2mg
Monounsaturated Fat (g):	39g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	8g	Alcohol (kcal):	0
Cholesterol (mg):	251mg	% Daily Value*	n n%

Carbohydrate (g):	21g
Dietary Fiber (g):	4g
Protein (g):	28g
Sodium (mg):	1300mg
Potassium (mg):	761mg
Calcium (mg):	339mg
Iron (mg):	5mg
Zinc (mg):	3mg
Vitamin C (mg):	16mg
Vitamin A (i.u.):	3347IU
Vitamin A (r.e.):	990RE

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	3 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	19
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 1103	Calories from Fat: 914
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% Daily Values*

Total Fat 105g	161%
Saturated Fat 53g	263%
Cholesterol 251mg	84%
Sodium 1300mg	54%
Total Carbohydrates 21g	7%
Dietary Fiber 4g	16%
Protein 28g	
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Vitamin A	67%
Vitamin C	27%
Calcium	34%
Iron	27%

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