

Hot Crab Spread or Dip

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

Yield: 2 1/2 cups

1 package (8 ounce) cream cheese, softened
1 tablespoon milk
1 package (6-1/2 ounce) frozen crabmeat, thawed and drained
2 tablespoons onion, chopped
1/2 teaspoon prepared horseradish
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 cup slivered almonds (optional)

Preheat the oven to 375 degrees.

In the small bowl of an electric mixer, blend the cream cheese with the milk. Add the onion, horseradish, salt, pepper and crabmeat. Stir well.

Spread into a greased baking dish. Top with the almonds, if desired.

Bake for 15 minutes.

Serve hot.

Per Serving (excluding unknown items): 831 Calories; 81g Fat (86.8% calories from fat); 18g Protein; 10g Carbohydrate; 1g Dietary Fiber; 257mg Cholesterol; 1768mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 15 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	831
% Calories from Fat:	86.8%
% Calories from Carbohydrates:	4.5%
% Calories from Protein:	8.7%
Total Fat (g):	81g
Saturated Fat (g):	51g
Monounsaturated Fat (g):	23g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	257mg
Carbohydrate (g):	10g
	1g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	1.0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	37mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	n n%

Food Exchanges

0
1

Dietary Fiber (g):
Protein (g): 18g
Sodium (mg): 1768mg
Potassium (mg): 351mg
Calcium (mg): 221mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 3332IU
Vitamin A (r.e.): 1003 1/2RE

Grain (Starch):
Lean Meat: 2 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 15
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 831 **Calories from Fat:** 721

% Daily Values*

Total Fat 81g	125%
Saturated Fat 51g	256%
Cholesterol 257mg	86%
Sodium 1768mg	74%
Total Carbohydrates 10g	3%
Dietary Fiber 1g	3%
Protein 18g	
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Vitamin A	67%
Vitamin C	4%
Calcium	22%
Iron	17%

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