

Landlubber Crabmeat Spread

*"Fruits of the Spirit" (2001) - Dawn Gillich
Grapevine United Methodist Church - Port St. Lucie, FL*

*1 pound crabmeat
2 boxes (8 ounce ea) cream cheese
1/4 to 1/2 cup mayonnaise
dash tabasco sauce
salt (to taste)
pepper (to taste)
1 medium onion, chopped
2 stalks celery, chopped
squeeze lemon*

In a bowl, blend together the crabmeat, cream cheese, mayonnaise, Tabasco, salt, pepper, onion, celery and lemon juice. Heat in a double-boiler until melted.

Serve warm or cold with your favorite crackers.

(This can also be used as a sandwich filler when more mayonnaise is added.)

Per Serving (excluding unknown items): 2463 Calories; 214g Fat (76.9% calories from fat); 119g Protein; 25g Carbohydrate; 3g Dietary Fiber; 882mg Cholesterol; 3087mg Sodium. Exchanges: 16 Lean Meat; 2 Vegetable; 33 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2463	Vitamin B6 (mg):	1.4mg
% Calories from Fat:	76.9%	Vitamin B12 (mcg):	43.0mcg
% Calories from Carbohydrates:	4.0%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	19.1%	Riboflavin B2 (mg):	1.1mg
Total Fat (g):	214g	Folacin (mcg):	309mcg
Saturated Fat (g):	109g	Niacin (mg):	13mg
Monounsaturated Fat (g):	59g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	30g	Alcohol (kcal):	0
Cholesterol (mg):	882mg	% Refuse:	n n%
Carbohydrate (g):	25g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	0
Protein (g):	119g	Lean Meat:	16
Sodium (mg):	3087mg	Vegetable:	2
Potassium (mg):	2469mg	Fruit:	0

Calcium (mg): 839mg
Iron (mg): 10mg
Zinc (mg): 19mg
Vitamin C (mg): 26mg
Vitamin A (i.u.): 6905IU
Vitamin A (r.e.): 2045 1/2RE

Non-Fat Milk: 0
Fat: 33 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2463 **Calories from Fat:** 1894

% Daily Values*

Total Fat 214g	329%
Saturated Fat 109g	547%
Cholesterol 882mg	294%
Sodium 3087mg	129%
Total Carbohydrates 25g	8%
Dietary Fiber 3g	13%
Protein 119g	
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Vitamin A	138%
Vitamin C	44%
Calcium	84%
Iron	54%

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