

Crabmeat Sandwiches

*Anna Mack - Santa Fe, NM
Southern Living - 1984 Annual Recipes*

Servings: 2

*1 can (6 ounce) crabmeat, rinsed,
drained and flaked
1/2 cup mayonnaise
2 small green onions, finely chopped
1 teaspoon Worcestershire sauce
2 english muffins, split
1 tablespoon butter or margarine
4 slices Longhorn cheese*

Preheat the broiler.

In a medium bowl, combine the crabmeat, mayonnaise, green onions and Worcestershire sauce. Mix well.

Lightly toast the english muffin halves. Spread with butter.

Top each muffin half with a heaping 1/4 cup of crabmeat mixture.

Place the sandwiches on a baking sheet..

Broil six to seven inches from the broiler for 2 to 3 minutes or until hot.

Top each with a slice of cheese.

Broil until the cheese melts.

Per Serving (excluding unknown items): 645 Calories; 54g Fat (72.9% calories from fat); 18g Protein; 28g Carbohydrate; 2g Dietary Fiber; 87mg Cholesterol; 860mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 5 1/2 Fat; 0 Other Carbohydrates.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	645
% Calories from Fat:	72.9%
% Calories from Carbohydrates:	16.6%
% Calories from Protein:	10.5%

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	6.2mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.2mg

Total Fat (g): 54g
Saturated Fat (g): 10g
Monounsaturated Fat (g): 14g
Polyunsaturated Fat (g): 24g
Cholesterol (mg): 87mg
Carbohydrate (g): 28g
Dietary Fiber (g): 2g
Protein (g): 18g
Sodium (mg): 860mg
Potassium (mg): 379mg
Calcium (mg): 184mg
Iron (mg): 3mg
Zinc (mg): 3mg
Vitamin C (mg): 9mg
Vitamin A (i.u.): 435IU
Vitamin A (r.e.): 92 1/2RE

Folacin (mcg): 90mcg
Niacin (mg): 4mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Daily Values*

Food Exchanges

Grain (Starch): 1 1/2
Lean Meat: 1 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 5 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories 645 **Calories from Fat:** 470

% Daily Values*

Total Fat	54g	83%
Saturated Fat	10g	52%
Cholesterol	87mg	29%
Sodium	860mg	36%
Total Carbohydrates	28g	9%
Dietary Fiber	2g	8%
Protein	18g	
Vitamin A		9%
Vitamin C		16%
Calcium		18%
Iron		14%

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