

Crabmeat and Avocado Filling

Sonia Uvezian

The International Appetizer Cookbook (1984)

Yield: 1 1/2 cups

1/2 large ripe avocado, peeled, pitted and mashed

2 tablespoons sour cream

1 tablespoon (or to taste) lemon juice, freshly squeezed and strained

1 tablespoon fresh chives, finely chopped

1 tablespoon scallions (including two inches of green tops), finely chopped

*1/8 teaspoon chili powder
salt (to taste)*

Tabasco sauce (to taste)

1 1/2 to 2 cups cooked crabmeat, picked over and flaked

In a bowl, mash the avocado with the sour cream and lemon juice until light and fluffy.

Add the chives, scallions, chili powder salt and Tabasco sauce. Mix thoroughly.

Add the crabmeat and blend well.

Taste and adjust the seasoning.

Cover and refrigerate.

Per Serving (excluding unknown items): 124 Calories; 6g Fat (35.9% calories from fat); 2g Protein; 23g Carbohydrate; 1g Dietary Fiber; 13mg Cholesterol; 21mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1 1/2 Fruit; 0 Non-Fat Milk; 1 Fat.

Appetizers

Per Serving Nutritional Analysis

| | |
|--------------------------------|-------|
| Calories (kcal): | 124 |
| % Calories from Fat: | 35.9% |
| % Calories from Carbohydrates: | 59.0% |
| % Calories from Protein: | 5.1% |
| Total Fat (g): | 6g |
| Saturated Fat (g): | 4g |
| Monounsaturated Fat (g): | 2g |
| Polyunsaturated Fat (g): | trace |
| Cholesterol (mg): | 13mg |

| | |
|---------------------|-------|
| Vitamin B6 (mg): | .1mg |
| Vitamin B12 (mcg): | .1mcg |
| Thiamin B1 (mg): | .1mg |
| Riboflavin B2 (mg): | .1mg |
| Folacin (mcg): | 38mcg |
| Niacin (mg): | trace |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | 0.0% |

| | |
|--------------------|----------|
| Carbohydrate (g): | 23g |
| Dietary Fiber (g): | 1g |
| Protein (g): | 2g |
| Sodium (mg): | 21mg |
| Potassium (mg): | 359mg |
| Calcium (mg): | 54mg |
| Iron (mg): | trace |
| Zinc (mg): | trace |
| Vitamin C (mg): | 114mg |
| Vitamin A (i.u.): | 511IU |
| Vitamin A (r.e.): | 96 1/2RE |

Food Exchanges

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

Nutrition Facts

Amount Per Serving

| | | |
|-----------------|-----|-----------------------|
| Calories | 124 | Calories from Fat: 45 |
|-----------------|-----|-----------------------|

% Daily Values*

| | | |
|----------------------------|------|------|
| Total Fat | 6g | 9% |
| Saturated Fat | 4g | 19% |
| Cholesterol | 13mg | 4% |
| Sodium | 21mg | 1% |
| Total Carbohydrates | 23g | 8% |
| Dietary Fiber | 1g | 5% |
| Protein | 2g | |
| Vitamin A | | 10% |
| Vitamin C | | 191% |
| Calcium | | 5% |
| Iron | | 1% |

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