

# Crabmeat Filling

Sonia Uvezian

*The International Appetizer Cookbook (1984)*

## Yield: 1 1/2 cups

*1/4 cup cream cheese, room temperature*

*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 teaspoon fresh tarragon, finely chopped*

*1/4 teaspoon Worcestershire sauce (or to taste)*

*salt (to taste)*

*Tabasco sauce (to taste)*

*1 cup cooked crabmeat, picked over and flaked*

In a bowl, beat the cream cheese with the lemon juice until light and fluffy.

Add the chives, scallions, tarragon, Worcestershire, salt and Tabasco sauce. Mix thoroughly.

Add the crabmeat and blend well.

Taste and adjust the seasoning.

Cover and refrigerate.

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Per Serving (excluding unknown items): 266 Calories; 20g Fat (61.6% calories from fat); 5g Protein; 23g Carbohydrate; 1g Dietary Fiber; 64mg Cholesterol; 186mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 3 1/2 Fat; 0 Other Carbohydrates.

## Appetizers

### Per Serving Nutritional Analysis

Calories (kcal):	266	Vitamin B6 (mg):	.1mg
% Calories from Fat:	61.6%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	31.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	7.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	20g	Folacin (mcg):	42mcg
Saturated Fat (g):	13g	Niacin (mg):	trace
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
		Alcohol (kcal):	0

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	64mg
Carbohydrate (g):	23g
Dietary Fiber (g):	1g
Protein (g):	5g
Sodium (mg):	186mg
Potassium (mg):	395mg
Calcium (mg):	69mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	116mg
Vitamin A (i.u.):	1014IU
Vitamin A (r.e.):	268 1/2RE

% Refused 0.0%

## Food Exchanges

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

## Nutrition Facts

### Amount Per Serving

Calories 266 Calories from Fat: 164

### % Daily Values\*

<b>Total Fat</b>	20g	31%
Saturated Fat	13g	64%
<b>Cholesterol</b>	64mg	21%
<b>Sodium</b>	186mg	8%
<b>Total Carbohydrates</b>	23g	8%
Dietary Fiber	1g	4%
<b>Protein</b>	5g	
<b>Vitamin A</b>		20%
<b>Vitamin C</b>		194%
<b>Calcium</b>		7%
<b>Iron</b>		5%

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