

Hot Crab Sandwich

*Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL*

*16 slices trimmed sandwich bread
8 slices sharp cheese
1 1/2 teaspoons dry mustard
2 cans crab meat (or tuna or chicken)
6 eggs, slightly beaten
1 quart milk
1 teaspoon onion juice
1 teaspoon Worcestershire sauce
3/4 teaspoon Tabasco sauce
salt (to taste)
pepper (to taste)
1 can cream of mushroom soup
1/2 cup milk
3 tablespoons sherry
1 can mushrooms, drained*

Preheat the oven to 350 degrees.

Place eight slices of the bread in a 13x9-inch buttered dish. Place one slice of cheese on each. Sprinkle with dry mustard. Spread with meat.

Place slices of buttered bread on this with the buttered side up.

In a bowl, combine the eggs, with the quart of milk. Add the onion juice, Worcestershire, Tabasco, salt and pepper. Pour over the sandwich.

Let stand for twelve hours or overnight.

Remove from the refrigerator one to two hours before baking.

Bake for one hour.

In a saucepan, heat the mushroom soup, one-half cup of milk, sherry and mushrooms. Spoon over the sandwich when serving.

Per Serving (excluding unknown items): 1329 Calories; 76g Fat (54.0% calories from fat); 77g Protein; 69g Carbohydrate; 1g Dietary Fiber; 1424mg Cholesterol; 2059mg Sodium. Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 0 Vegetable; 4 1/2 Non-Fat Milk; 10 1/2 Fat; 0 Other Carbohydrates.

Seafood

Calories (kcal): 1329
% Calories from Fat: 54.0%
% Calories from Carbohydrates: 21.6%
% Calories from Protein: 24.4%
Total Fat (g): 76g
Saturated Fat (g): 35g
Monounsaturated Fat (g): 24g
Polyunsaturated Fat (g): 10g
Cholesterol (mg): 1424mg
Carbohydrate (g): 69g
Dietary Fiber (g): 1g
Protein (g): 77g
Sodium (mg): 2059mg
Potassium (mg): 2335mg
Calcium (mg): 1531mg
Iron (mg): 8mg
Zinc (mg): 8mg
Vitamin C (mg): 24mg
Vitamin A (i.u.): 2884IU
Vitamin A (r.e.): 842RE

Vitamin B6 (mg): .9mg
Vitamin B12 (mcg): 7.9mcg
Thiamin B1 (mg): .7mg
Riboflavin B2 (mg): 3.4mg
Folacin (mcg): 208mcg
Niacin (mg): 3mg
Caffeine (mg): 0mg
Alcohol (kcal): 62
% Refused: n n%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 5
Vegetable: 0
Fruit: 0
Non-Fat Milk: 4 1/2
Fat: 10 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1329 **Calories from Fat:** 717

% Daily Values*

Total Fat	76g	117%
Saturated Fat	35g	173%
Cholesterol	1424mg	475%
Sodium	2059mg	86%
Total Carbohydrates	69g	23%
Dietary Fiber	1g	3%
Protein	77g	
Vitamin A		58%
Vitamin C		39%
Calcium		153%
Iron		42%

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