

Simple Baked Crabmeat Sandwich

Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers

12 slices thin bread, edges trimmed
and buttered
1 cup (7-1/2 ounce) crabmeat
4 large eggs, beaten
1/2 teaspoon salt
1/2 pound cheese (favorite), grated
3 cups milk
1/2 teaspoon curry

In a casserole dish, place six slices of the bread,
buttered side up. Spread the crabmeat over the
bread.

Add six more bread slices, buttered side up.
Sprinkle with the grated cheese.

In a bowl, mix the eggs, salt, curry and milk.
Pour carefully over the bread.

Cover the casserole and place in the refrigerator
overnight.

When ready to serve, preheat the oven to 325
degrees.

Bake the casserole for 45 minutes.

Serve while warm.

Per Serving (excluding unknown
items): 863 Calories; 46g Fat
(48.5% calories from fat); 74g
Protein; 36g Carbohydrate; 0g
Dietary Fiber; 1053mg Cholesterol;
2100mg Sodium. Exchanges: 6 1/2
Lean Meat; 3 Non-Fat Milk; 6 Fat.

Sandwiches

Per Serving Nutritional Analysis

| | |
|--------------------------------|-------|
| Calories (kcal): | 863 |
| % Calories from Fat: | 48.5% |
| % Calories from Carbohydrates: | 16.8% |
| % Calories from Protein: | 34.7% |
| Total Fat (g): | 46g |

| | |
|---------------------|---------|
| Vitamin B6 (mg): | .8mg |
| Vitamin B12 (mcg): | 17.4mcg |
| Thiamin B1 (mg): | .5mg |
| Riboflavin B2 (mg): | 2.2mg |
| Folacin (mcg): | 192mcg |

Saturated Fat (g): 22g
Monounsaturated Fat (g): 15g
Polyunsaturated Fat (g): 4g
Cholesterol (mg): 1053mg
Carbohydrate (g): 36g
Dietary Fiber (g): 0g
Protein (g): 74g
Sodium (mg): 2100mg
Potassium (mg): 1821mg
Calcium (mg): 1105mg
Iron (mg): 5mg
Zinc (mg): 10mg
Vitamin C (mg): 11mg
Vitamin A (i.u.): 1905IU
Vitamin A (r.e.): 561RE

Niacin (mg): 4mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 6 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 3
Fat: 6
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 863 Calories from Fat: 419

% Daily Values*

| | | |
|----------------------------|--------|------|
| Total Fat | 46g | 70% |
| Saturated Fat | 22g | 109% |
| Cholesterol | 1053mg | 351% |
| Sodium | 2100mg | 88% |
| Total Carbohydrates | 36g | 12% |
| Dietary Fiber | 0g | 0% |
| Protein | 74g | |
| Vitamin A | | 38% |
| Vitamin C | | 18% |
| Calcium | | 111% |
| Iron | | 28% |

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