

# Jalapeno Crab and Corn Dip

*All-Time Favorites Volume 6  
Better Homes and Gardens Magazine*

## Servings: 28

*2 tablespoons butter  
1 cup frozen whole kernel corn  
1/2 cup (one small) red sweet pepper,  
chopped  
1 clove garlic, minced  
1/2 cup sour cream  
1/2 cup mayonnaise  
1/2 cup sliced, pickled jalapeno  
peppers, drained and chopped  
1 teaspoon Worcestershire sauce  
1 teaspoon hot pepper sauce (optional)  
2 cans (6 to 6.5 ounce ea) crabmeat,  
drained, flaked and cartilage  
removed  
1 cup (4 ounces) Monterey Jack  
cheese, shredded*

## Preparation Time: 30 minutes

### Bake: 15 minutes

Preheat the oven to 425 degrees.

In a seasoned or generously greased 8- to 9-inch cast iron skillet, melt the butter over medium heat. Add the corn, sweet pepper and garlic. Cook for 5 minutes or until tender.

In a medium bowl, combine the sour cream, mayonnaise, jalapenos, Worcestershire sauce and, if desired, the hot pepper sauce.

Stir in the corn mixture, crabmeat and Monterey Jack. Transfer the dip to the cast iron skillet. Sprinkle the dip with the Parmesan cheese.

Bake for 15 minutes or until golden and bubbly around the edges.

Serve with tortilla chips.

---

Per Serving (excluding unknown items): 73 Calories; 6g Fat (75.8% calories from fat); 3g Protein; 1g Carbohydrate; trace Dietary Fiber; 17mg Cholesterol; 85mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

## Appetizers

### Per Serving Nutritional Analysis

Calories (kcal):	73	Vitamin B6 (mg):	.1mg
% Calories from Fat:	75.8%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	7.9%	Thiamin B1 (mg):	trace

% Calories from Protein:	16.3%
Total Fat (g):	6g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	17mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	85mg
Potassium (mg):	57mg
Calcium (mg):	45mg
Iron (mg):	trace
Zinc (mg):	1mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	113IU
Vitamin A (r.e.):	31 1/2RE

Riboflavin B2 (mg):	trace
Folacin (mcg):	8mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 28

### Amount Per Serving

<b>Calories</b>	73	Calories from Fat: 55
-----------------	----	-----------------------

### % Daily Values\*

<b>Total Fat</b>	6g	10%
Saturated Fat	2g	12%
<b>Cholesterol</b>	17mg	6%
<b>Sodium</b>	85mg	4%
<b>Total Carbohydrates</b>	1g	0%
Dietary Fiber	trace	1%
<b>Protein</b>	3g	
<b>Vitamin A</b>		2%
<b>Vitamin C</b>		2%
<b>Calcium</b>		5%
<b>Iron</b>		1%

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