

Crab-Spaghetti Casserole

Elizabeth Kennedy

Gourmet Eating in South Carolina - (1985)

1 package (8 ounce) spaghetti
1 can cream of mushroom soup
3 tablespoons butter
1 can milk
1/4 cup onions, finely minced
3 tablespoons pimientos
3 hard-boiled eggs, diced
2 cups Cheddar cheese, grated
1 can sliced water chestnuts
1/2 teaspoon salt
dash pepper
2 cans (7 ounce ea) crabmeat OR one
pound fresh crabmeat
bread crumbs

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Preheat the oven to 350 degrees.

In a pot, boil the spaghetti in salted water until tender. Drain and rinse with cold water.

In a pan, heat the mushroom soup. Add the butter, milk, onion, pimientos, eggs, cheese, water chestnuts, salt, pepper and crabmeat. Add to the drained spaghetti.

Pour the mixture into a greased 13x9-inch baking dish. Top with bread crumbs and dot with butter.

Bake for 30 minutes.

Per Serving (excluding unknown items): 2062 Calories; 144g Fat (63.0% calories from fat); 97g Protein; 93g Carbohydrate; 3g Dietary Fiber; 1003mg Cholesterol; 4170mg Sodium. Exchanges: 4 1/2 Grain(Starch); 10 1/2 Lean Meat; 1/2 Vegetable; 1 Non-Fat Milk; 21 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	2062	Vitamin B6 (mg):	.6mg
% Calories from Fat:	63.0%	Vitamin B12 (mcg):	4.5mcg
% Calories from Carbohydrates:	18.0%	Thiamin B1 (mg):	1.2mg
% Calories from Protein:	18.9%	Riboflavin B2 (mg):	2.5mg
Total Fat (g):	144g	Folacin (mcg):	149mcg
Saturated Fat (g):	82g	Niacin (mg):	8mg
Monounsaturated Fat (g):	42g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	11g	Alcohol (kcal):	0

Cholesterol (mg):	1003mg
Carbohydrate (g):	93g
Dietary Fiber (g):	3g
Protein (g):	97g
Sodium (mg):	4170mg
Potassium (mg):	1107mg
Calcium (mg):	2090mg
Iron (mg):	8mg
Zinc (mg):	11mg
Vitamin C (mg):	13mg
Vitamin A (i.u.):	5074IU
Vitamin A (r.e.):	1410 1/2RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	4 1/2
Lean Meat:	10 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	1
Fat:	21 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 2062 Calories from Fat: 1300

% Daily Values*

Total Fat 144g	222%
Saturated Fat 82g	409%
Cholesterol 1003mg	334%
Sodium 4170mg	174%
Total Carbohydrates 93g	31%
Dietary Fiber 3g	13%
Protein 97g	
Vitamin A	101%
Vitamin C	22%
Calcium	209%
Iron	42%

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