

Crabmeat Casserole I

Evelyn Burckhalter
Gourmet Eating in South Carolina - (1985)

1 pound crabmeat
1/2 pound medium cheese
2/3 stick margarine
3 teaspoons white pepper
3 tablespoons flour
1 teaspoon salt
1 pint milk

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Preheat the oven to 400 degrees.

In a saucepan, melt the margarine. Stir in the flour. Slowly add the milk, stirring constantly, to prevent lumping.

Add the salt, pepper and cheese. Cook until thick and the cheese is melted.

In a greased baking dish, place a layer of crabmeat. Pour in some cheese sauce. Continue alternating layers until all of the crabmeat and sauce are used.

Bake for 25 minutes.

Per Serving (excluding unknown items): 1337 Calories; 82g Fat (55.3% calories from fat); 102g Protein; 46g Carbohydrate; 3g Dietary Fiber; 420mg Cholesterol; 4405mg Sodium. Exchanges: 1 1/2 Grain(Starch); 11 Lean Meat; 2 Non-Fat Milk; 15 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	1337	Vitamin B6 (mg):	.9mg
% Calories from Fat:	55.3%	Vitamin B12 (mcg):	42.7mcg
% Calories from Carbohydrates:	14.0%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	30.7%	Riboflavin B2 (mg):	1.1mg
Total Fat (g):	82g	Folacin (mcg):	232mcg
Saturated Fat (g):	22g	Niacin (mg):	14mg
Monounsaturated Fat (g):	35g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	20g	Alcohol (kcal):	0
Cholesterol (mg):	420mg	% Refuse:	0.0%

Carbohydrate (g):	46g
Dietary Fiber (g):	3g
Protein (g):	102g
Sodium (mg):	4405mg
Potassium (mg):	2295mg
Calcium (mg):	1045mg
Iron (mg):	6mg
Zinc (mg):	18mg
Vitamin C (mg):	20mg
Vitamin A (i.u.):	3301IU
Vitamin A (r.e.):	790 1/2RE

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	11
Vegetable:	0
Fruit:	0
Non-Fat Milk:	2
Fat:	15
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	1337	Calories from Fat: 740
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% Daily Values*

Total Fat	82g	125%
Saturated Fat	22g	108%
Cholesterol	420mg	140%
Sodium	4405mg	184%
Total Carbohydrates	46g	15%
Dietary Fiber	3g	10%
Protein	102g	
Vitamin A		66%
Vitamin C		33%
Calcium		105%
Iron		31%

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