

# Deviled Crab II

Wilda Jordan

Gourmet Eating in South Carolina - (1985)

2 eggs, beaten  
1/2 cup bouillon OR light cream  
2 tablespoons margarine, melted  
1 teaspoon Worcestershire sauce  
1/2 teaspoon hot sauce  
1 tablespoon onion, minced  
1 teaspoon prepared mustard  
1/2 teaspoon salt  
1/4 teaspoon pepper  
2 cups crabmeat  
1 cup cracker crumbs

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Preheat the oven to 350 degrees.

In a bowl, combine the eggs, bouillon,  
margarine, Worcestershire, hot sauce, onion,  
mustard, salt and pepper. Mix well.

Stir in the crabmeat and one-half the crumbs.  
Toss well.

Fill individual crab shells or place the mixture in a  
casserole dish. Top with the remaining crumbs.  
Dot with margarine.

Bake until the crumbs are lightly browned.

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Per Serving (excluding unknown  
items): 599 Calories; 36g Fat  
(55.1% calories from fat); 62g  
Protein; 4g Carbohydrate; trace  
Dietary Fiber; 635mg Cholesterol;  
2438mg Sodium. Exchanges: 0  
Grain(Starch); 8 Lean Meat; 0  
Vegetable; 5 1/2 Fat; 0 Other  
Carbohydrates.

Seafood

## Per Serving Nutritional Analysis

Calories (kcal):	599
% Calories from Fat:	55.1%
% Calories from Carbohydrates:	2.5%
% Calories from Protein:	42.4%
Total Fat (g):	36g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	15g
Polyunsaturated Fat (g):	9g
Cholesterol (mg):	635mg
Carbohydrate (g):	4g

Vitamin B6 (mg):	.6mg
Vitamin B12 (mcg):	25.6mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.6mg
Folacin (mcg):	170mcg
Niacin (mg):	7mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Dietary Fiber (g): trace  
 Protein (g): 62g  
 Sodium (mg): 2438mg  
 Potassium (mg): 1107mg  
 Calcium (mg): 322mg  
 Iron (mg): 4mg  
 Zinc (mg): 11mg  
 Vitamin C (mg): 20mg  
 Vitamin A (i.u.): 1524IU  
 Vitamin A (r.e.): 373 1/2RE

Grain (Starch): 0  
 Lean Meat: 8  
 Vegetable: 0  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 5 1/2  
 Other Carbohydrates: 0

## Nutrition Facts

### Amount Per Serving

Calories 599      Calories from Fat: 330

### % Daily Values\*

<b>Total Fat</b>	36g	55%
Saturated Fat	8g	38%
<b>Cholesterol</b>	635mg	212%
<b>Sodium</b>	2438mg	102%
<b>Total Carbohydrates</b>	4g	1%
Dietary Fiber	trace	2%
<b>Protein</b>	62g	

<b>Vitamin A</b>	30%
<b>Vitamin C</b>	33%
<b>Calcium</b>	32%
<b>Iron</b>	24%

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