

Deviled Crab I

Patricia Trayer
Gourmet Eating in South Carolina - (1985)

1 pound dark crabmeat (claw)
1/2 cup onion, chopped
1/2 cup bell pepper, chopped
1/2 cup celery, diced
1 stick butter
3 hard-boiled eggs, diced
2 tablespoons ketchup
1 tablespoon Worcestershire sauce
1 teaspoon Tabasco sauce
1 tablespoon mustard
mayonnaise (to taste)
Salt (to taste)
pepper (to taste)
1/2 cup cracker meal

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Preheat the oven to 375 degrees.

Place the crabmeat in a mixing bowl.

In a saucepan, saute' the onion, bell pepper and celery in butter. Add to the crabmeat.

Add the hard-boiled eggs. Add the ketchup, Worcestershire sauce, Tabasco sauce, mustard, mayonnaise, salt and pepper.

Mix in the cracker meal.

Place the crab mixture into crab shells. Sprinkle the top of each with cracker meal. Dot with butter.

Bake until hot and brown.

Per Serving (excluding unknown items): 1381 Calories; 110g Fat (70.6% calories from fat); 29g Protein; 74g Carbohydrate; 6g Dietary Fiber; 884mg Cholesterol; 1908mg Sodium. Exchanges: 3 Grain(Starch); 3 Lean Meat; 2 1/2 Vegetable; 20 Fat; 1 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	1381	Vitamin B6 (mg):	.6mg
% Calories from Fat:	70.6%	Vitamin B12 (mcg):	1.8mcg
% Calories from Carbohydrates:	21.2%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	8.2%	Riboflavin B2 (mg):	1.1mg
Total Fat (g):	110g	Folacin (mcg):	190mcg
Saturated Fat (g):	62g	Niacin (mg):	5mg

Monounsaturated Fat (g): 33g
Polyunsaturated Fat (g): 6g
Cholesterol (mg): 884mg
Carbohydrate (g): 74g
Dietary Fiber (g): 6g
Protein (g): 29g
Sodium (mg): 1908mg
Potassium (mg): 1001mg
Calcium (mg): 197mg
Iron (mg): 7mg
Zinc (mg): 3mg
Vitamin C (mg): 111mg
Vitamin A (i.u.): 5210IU
Vitamin A (r.e.): 1204RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

Grain (Starch): 3
Lean Meat: 3
Vegetable: 2 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 20
Other Carbohydrates: 1

Nutrition Facts

Amount Per Serving

Calories 1381 **Calories from Fat:** 976

% Daily Values*

Total Fat	110g	169%
Saturated Fat	62g	312%
Cholesterol	884mg	295%
Sodium	1908mg	79%
Total Carbohydrates	74g	25%
Dietary Fiber	6g	24%
Protein	29g	
Vitamin A		104%
Vitamin C		184%
Calcium		20%
Iron		38%

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