

Avocado-Crab Dip

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Yield: 3 1/3 cups

*3/4 cup (4 ounce) lump crab meat,
remove any small bits of cartilage*

*1 avocado, pitted, peeled and finely
chopped*

2 tablespoons sliced chives

*1/2 jalapeno or Fresno chile, minced
and seeded*

*2 scallions (light green parts only),
finely chopped*

1/2 teaspoon lime zest

juice of one lime

2 tablespoons olive oil

salt (to taste)

pepper (to taste)

In a bowl, place the crab, avocado, chives, jalapeno, scallions, lime zest, lime juice and olive oil. Gently toss to combine.

Season with salt and pepper to taste.

Serve with crackers, pita chips or sliced cucumber.

Per Serving (excluding unknown items): 563 Calories; 58g Fat (87.3% calories from fat); 4g Protein; 15g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 20mg Sodium. Exchanges: 1 Fruit; 1 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	563
% Calories from Fat:	87.3%
% Calories from Carbohydrates:	10.1%
% Calories from Protein:	2.7%
Total Fat (g):	58g
Saturated Fat (g):	9g
Monounsaturated Fat (g):	39g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	0mg
Carbohydrate (g):	15g

Vitamin B6 (mg):	.6mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	125mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 5g
Protein (g): 4g
Sodium (mg): 20mg
Potassium (mg): 1206mg
Calcium (mg): 23mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 17mg
Vitamin A (i.u.): 1231IU
Vitamin A (r.e.): 122 1/2RE

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

Nutrition Facts

Amount Per Serving

Calories 563 **Calories from Fat:** 491

% Daily Values*

Total Fat 58g	89%
Saturated Fat 9g	43%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrates 15g	5%
Dietary Fiber 5g	21%
Protein 4g	
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Vitamin A	25%
Vitamin C	29%
Calcium	2%
Iron	12%

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