

# Bacon-Crab Dip

Food Network Magazine - March 2014

6 slices bacon, chopped  
3 scallions, chopped  
1 bell pepper, chopped  
8 ounces cream cheese, softened  
8 ounces crabmeat  
1/4 cup cream  
1 teaspoon Cajun seasoning  
juice of one lemon  
1/4 cup panko (Japanese)  
breadcrumbs

Preheat the oven to 400 degrees.

In a skillet, cook the chopped bacon slices until crisp. Remove the bacon leaving one tablespoon of drippings in the pan.

Add the scallions and bell pepper. Saute'

In a bowl, mix the cream cheese, crabmeat, cream, Cajun seasoning, lemon juice and chopped bacon.

Transfer the mixture to an ovenproof dish and top with the panko breadcrumbs.

Bake for 30 minutes.

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Per Serving (excluding unknown items): 1409 Calories; 116g Fat (73.3% calories from fat); 73g Protein; 21g Carbohydrate; 4g Dietary Fiber; 510mg Cholesterol; 2188mg Sodium. Exchanges: 9 1/2 Lean Meat; 2 Vegetable; 20 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	1409	<b>Vitamin B6 (mg):</b>	.8mg
<b>% Calories from Fat:</b>	73.3%	<b>Vitamin B12 (mcg):</b>	22.2mcg
<b>% Calories from Carbohydrates:</b>	6.0%	<b>Thiamin B1 (mg):</b>	.5mg
<b>% Calories from Protein:</b>	20.7%	<b>Riboflavin B2 (mg):</b>	.7mg
<b>Total Fat (g):</b>	116g	<b>Folacin (mcg):</b>	188mcg
<b>Saturated Fat (g):</b>	66g	<b>Niacin (mg):</b>	10mg
<b>Monounsaturated Fat (g):</b>	36g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	7g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	510mg	<b>% Refuse:</b>	0 0%

Carbohydrate (g):	21g
Dietary Fiber (g):	4g
Protein (g):	73g
Sodium (mg):	2188mg
Potassium (mg):	1605mg
Calcium (mg):	485mg
Iron (mg):	6mg
Zinc (mg):	11mg
Vitamin C (mg):	135mg
Vitamin A (i.u.):	4736IU
Vitamin A (r.e.):	1211RE

## Food Exchanges

Grain (Starch):	0
Lean Meat:	9 1/2
Vegetable:	2
Fruit:	0
Non-Fat Milk:	0
Fat:	20
Other Carbohydrates:	0

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## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	1409	<b>Calories from Fat:</b>	1033
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### % Daily Values\*

<b>Total Fat</b>	116g	178%
Saturated Fat	66g	331%
<b>Cholesterol</b>	510mg	170%
<b>Sodium</b>	2188mg	91%
<b>Total Carbohydrates</b>	21g	7%
Dietary Fiber	4g	15%
<b>Protein</b>	73g	
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<b>Vitamin A</b>		95%
<b>Vitamin C</b>		224%
<b>Calcium</b>		48%
<b>Iron</b>		34%

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