

# Crab Dip I

Patricia Trayer

Gourmet Eating in South Carolina - (1985)

1/2 pint white crabmeat  
4 ounces American cheese, grated  
1 teaspoon salt  
4 ounces French dressing  
1 pint mayonnaise  
1 tablespoon horseradish

In a bowl, combine all of the ingredients. Mix well.

Serve with crackers.

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Per Serving (excluding unknown items): 3587 Calories; 409g Fat (96.5% calories from fat); 30g Protein; 4g Carbohydrate; trace Dietary Fiber; 261mg Cholesterol; 6271mg Sodium. Exchanges: 3 1/2 Lean Meat; 36 1/2 Fat; 0 Other Carbohydrates.

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Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	3587	Vitamin B6 (mg):	2.6mg
% Calories from Fat:	96.5%	Vitamin B12 (mcg):	1.9mcg
% Calories from Carbohydrates:	0.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.2%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	409g	Folacin (mcg):	43mcg
Saturated Fat (g):	74g	Niacin (mg):	trace
Monounsaturated Fat (g):	110g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	183g	Alcohol (kcal):	0
Cholesterol (mg):	261mg	% Refuse:	n n%
Carbohydrate (g):	4g	<b>Food Exchanges</b>	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	30g	Lean Meat:	3 1/2
Sodium (mg):	6271mg	Vegetable:	0
Potassium (mg):	386mg	Fruit:	0
Calcium (mg):	802mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	36 1/2

Zinc (mg): 4mg  
Vitamin C (mg): 4mg  
Vitamin A (i.u.): 2604IU  
Vitamin A (r.e.): 575 1/2RE

Other Carbohydrates: 0

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## Nutrition Facts

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### Amount Per Serving

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Calories 3587                      Calories from Fat: 3460

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### % Daily Values\*

<b>Total Fat</b>	409g	630%
Saturated Fat	74g	371%
<b>Cholesterol</b>	261mg	87%
<b>Sodium</b>	6271mg	261%
<b>Total Carbohydrates</b>	4g	1%
Dietary Fiber	trace	1%
<b>Protein</b>	30g	
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<b>Vitamin A</b>		52%
<b>Vitamin C</b>		6%
<b>Calcium</b>		80%
<b>Iron</b>		16%

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