

Crab Dip III

Alice V. Cinader

Gourmet Eating in South Carolina - (1985)

1 pint plain yogurt
3 teaspoons Lipton's onion soup mix
1/2 to 3/4 pound crabmeat

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In a bowl, combine the yogurt, soup mix and crabmeat. Mix well.

Chill before serving.

Serve with assorted crackers.

Per Serving (excluding unknown items): 360 Calories; 17g Fat (41.9% calories from fat); 29g Protein; 23g Carbohydrate; 0g Dietary Fiber; 115mg Cholesterol; 425mg Sodium. Exchanges: 1 1/2 Lean Meat; 2 Non-Fat Milk; 3 Fat; 1 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	360	Vitamin B6 (mg):	.2mg
% Calories from Fat:	41.9%	Vitamin B12 (mcg):	7.9mcg
% Calories from Carbohydrates:	25.5%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	32.6%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	17g	Folacin (mcg):	66mcg
Saturated Fat (g):	10g	Niacin (mg):	2mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	115mg	% Refuse:	0 0%
Carbohydrate (g):	23g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	29g	Lean Meat:	1 1/2
Sodium (mg):	425mg	Vegetable:	0
Potassium (mg):	980mg	Fruit:	0
Calcium (mg):	651mg	Non-Fat Milk:	2
Iron (mg):	1mg	Fat:	3
Zinc (mg):	5mg	Other Carbohydrates:	1 1/2

Vitamin C (mg): 5mg
Vitamin A (i.u.): 606IU
Vitamin A (r.e.): 182 1/2RE

Nutrition Facts

Amount Per Serving

Calories 360 Calories from Fat: 151

% Daily Values*

Total Fat 17g	26%
Saturated Fat 10g	52%
Cholesterol 115mg	38%
Sodium 425mg	18%
Total Carbohydrates 23g	8%
Dietary Fiber 0g	0%
Protein 29g	
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Vitamin A	12%
Vitamin C	8%
Calcium	65%
Iron	4%

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