

Crab Meat Appetizer

Diane Seddon

Trinity Jubilee Cookbook - Trinity United Methodist Church

1 package (8 ounce) cream cheese, at room temperature
1 tablespoon lemon juice
1 can crab meat, drained well
1 bottle cocktail sauce
lemon wedges
Triscuit crackers

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 Palm Beach Gardens, FL
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In a bowl, beat together the cream cheese and lemon juice. Spread the mixture on a serving plate.

Crumble the crab meat evenly over the top.

"Frost" the dip with cocktail sauce and garnish with the lemon wedges.

Serve with crackers.

Per Serving (excluding unknown items): 961 Calories; 83g Fat (76.8% calories from fat); 46g Protein; 11g Carbohydrate; trace Dietary Fiber; 375mg Cholesterol; 1257mg Sodium. Exchanges: 6 1/2 Lean Meat; 0 Fruit; 15 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	961	Vitamin B6 (mg):	.3mg
% Calories from Fat:	76.8%	Vitamin B12 (mcg):	1.6mcg
% Calories from Carbohydrates:	4.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	18.8%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	83g	Folacin (mcg):	93mcg
Saturated Fat (g):	51g	Niacin (mg):	2mg
Monounsaturated Fat (g):	23g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	375mg	% Refuse:	n n%
Carbohydrate (g):	11g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	46g	Lean Meat:	6 1/2
Sodium (mg):	1257mg	Vegetable:	0

Potassium (mg): 851mg
Calcium (mg): 327mg
Iron (mg): 4mg
Zinc (mg): 7mg
Vitamin C (mg): 13mg
Vitamin A (i.u.): 3433IU
Vitamin A (r.e.): 1012RE

Fruit: 0
Non-Fat Milk: 0
Fat: 15
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 961 Calories from Fat: 737

% Daily Values*

Total Fat	83g		127%
Saturated Fat	51g		257%
Cholesterol	375mg		125%
Sodium	1257mg		52%
Total Carbohydrates	11g		4%
Dietary Fiber	trace		1%
Protein	46g		
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Vitamin A			69%
Vitamin C			22%
Calcium			33%
Iron			22%

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