

Crabwiches

Jeannie Biel

Community Living Committee - All Saint's Church Hammond, IN 1987

1 can (6-1/2 ounces) crabmeat,
drained
1/4 cup celery, diced
1/4 cup onion, chopped
1/4 cup carrots, shredded
1/4 cup green peppers, chopped
1/4 cup potato chips, crushed
1 teaspoon lemon juice
3/4 cup cheddar cheese, shredded
1/2 cup pimiento-stuffed olives,
chopped
1/2 cup mayonnaise or salad dressing
crackers

In a large bowl, place all of the ingredients
except the mayonnaise. Mix well.

Fold in the mayonnaise.

Serve with crackers or make sandwiches on
whole wheat bread.

Per Serving (excluding unknown
items): 822 Calories; 50g Fat
(54.6% calories from fat); 51g
Protein; 43g Carbohydrate; 6g
Dietary Fiber; 195mg Cholesterol;
1314mg Sodium. Exchanges: 2
Grain(Starch); 6 Lean Meat; 2
Vegetable; 0 Fruit; 8 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	822
% Calories from Fat:	54.6%
% Calories from Carbohydrates:	20.7%
% Calories from Protein:	24.7%
Total Fat (g):	50g
Saturated Fat (g):	24g
Monounsaturated Fat (g):	14g
Polyunsaturated Fat (g):	9g
Cholesterol (mg):	195mg
Carbohydrate (g):	43g
Dietary Fiber (g):	6g

Vitamin B6 (mg):	.8mg
Vitamin B12 (mcg):	12.8mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	131mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	2
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Protein (g): 51g
Sodium (mg): 1314mg
Potassium (mg): 1607mg
Calcium (mg): 780mg
Iron (mg): 3mg
Zinc (mg): 8mg
Vitamin C (mg): 66mg
Vitamin A (i.u.): 10225IU
Vitamin A (r.e.): 1204 1/2RE

Lean Meat: 6
Vegetable: 2
Fruit: 0
Non-Fat Milk: 0
Fat: 8
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 822 **Calories from Fat:** 449

% Daily Values*

Total Fat	50g	77%
Saturated Fat	24g	122%
Cholesterol	195mg	65%
Sodium	1314mg	55%
Total Carbohydrates	43g	14%
Dietary Fiber	6g	22%
Protein	51g	
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Vitamin A		205%
Vitamin C		109%
Calcium		78%
Iron		17%

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