

# Hot Crab-Cheese Canapes

*Cedar Grove Mansion - Vicksburg, MS  
The Great Country Inns of America Cookbook (2nd ed) (1992)*

## **Yield: 8 or 12 dozen**

*1/2 cup Old English Sharp  
Cheddar cheese  
1/2 cup butter or margarine  
1 can (6 ounce) crabmeat  
1 tablespoon mayonnaise  
1 teaspoon lemon pepper  
1 teaspoon garlic salt  
1 teaspoon seasoned salt  
dash pepper sauce  
dash Worcestershire sauce  
12 English muffins*

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Cut the cheese and butter into pieces. Place in the bowl of a food processor. Add the crabmeat, mayonnaise, lemon pepper, garlic salt, seasoned salt, pepper sauce and Worcestershire sauce. Blend until smooth.

Split the muffins and spread with the mixture. Cut each split muffin into four or six wedges. Heat under the broiler until warm.

(You can also freeze the wedges until needed and broil them without thawing first.)

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Per Serving (excluding unknown items): 2650 Calories; 118g Fat (40.0% calories from fat); 78g Protein; 318g Carbohydrate; 20g Dietary Fiber; 358mg Cholesterol; 8341mg Sodium. Exchanges: 20 Grain(Starch); 3 1/2 Lean Meat; 21 1/2 Fat; 0 Other Carbohydrates.

Appetizers

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	2650
<b>% Calories from Fat:</b>	40.0%
<b>% Calories from Carbohydrates:</b>	48.1%
<b>% Calories from Protein:</b>	11.9%
<b>Total Fat (g):</b>	118g
<b>Saturated Fat (g):</b>	61g
<b>Monounsaturated Fat (g):</b>	32g
<b>Polyunsaturated Fat (g):</b>	16g
<b>Cholesterol (mg):</b>	358mg
<b>Carbohydrate (g):</b>	318g

<b>Vitamin B6 (mg):</b>	.5mg
<b>Vitamin B12 (mcg):</b>	12.6mcg
<b>Thiamin B1 (mg):</b>	3.1mg
<b>Riboflavin B2 (mg):</b>	2.0mg
<b>Folacin (mcg):</b>	618mcg
<b>Niacin (mg):</b>	30mg
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Daily Value*</b>	n n%

## **Food Exchanges**

**Dietary Fiber (g):** 20g  
**Protein (g):** 78g  
**Sodium (mg):** 8341mg  
**Potassium (mg):** 1374mg  
**Calcium (mg):** 1340mg  
**Iron (mg):** 18mg  
**Zinc (mg):** 10mg  
**Vitamin C (mg):** 4mg  
**Vitamin A (i.u.):** 3513IU  
**Vitamin A (r.e.):** 869RE

**Grain (Starch):** 20  
**Lean Meat:** 3 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 21 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 2650                      **Calories from Fat:** 1061

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### % Daily Values\*

<b>Total Fat</b> 118g	181%
Saturated Fat 61g	304%
<b>Cholesterol</b> 358mg	119%
<b>Sodium</b> 8341mg	348%
<b>Total Carbohydrates</b> 318g	106%
Dietary Fiber 20g	78%
<b>Protein</b> 78g	
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<b>Vitamin A</b>	70%
<b>Vitamin C</b>	7%
<b>Calcium</b>	134%
<b>Iron</b>	102%

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