

Layered Crab Dip

*"Fruits of the Spirit" (2001) - Sonya Gabriel
Grapvine United Methodist Church - Port St. Lucie, FL*

1 package (8 ounce) cream cheese
1 tablespoon onions, grated
1 tablespoon Worcestershire sauce
1/2 teaspoon lemon juice
1/2 cup chili sauce
1 can (7 ounce) crabmeat
2 tablespoons fresh parsley, chopped

In a bowl, mix the cream cheese, onion, Worcestershire and lemon juice. Spread in a shallow baking dish.

Spread the chili sauce over the top.

Drain and rinse the crab. Spread over the chili sauce. Sprinkle with parsley.

Serve with assorted crackers.

Per Serving (excluding unknown items): 970 Calories; 82g Fat (75.6% calories from fat); 43g Protein; 16g Carbohydrate; 3g Dietary Fiber; 360mg Cholesterol; 1263mg Sodium. Exchanges: 6 Lean Meat; 0 Vegetable; 0 Fruit; 15 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	970	Vitamin B6 (mg):	.5mg
% Calories from Fat:	75.6%	Vitamin B12 (mcg):	13.1mcg
% Calories from Carbohydrates:	6.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	17.7%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	82g	Folacin (mcg):	118mcg
Saturated Fat (g):	51g	Niacin (mg):	5mg
Monounsaturated Fat (g):	23g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	360mg	% Refuse:	n n%
Carbohydrate (g):	16g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	0
Protein (g):	43g	Lean Meat:	6
Sodium (mg):	1263mg	Vegetable:	0

Potassium (mg): 1578mg
Calcium (mg): 340mg
Iron (mg): 6mg
Zinc (mg): 6mg
Vitamin C (mg): 124mg
Vitamin A (i.u.): 12688IU
Vitamin A (r.e.): 1941RE

Fruit: 0
Non-Fat Milk: 0
Fat: 15
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 970 **Calories from Fat:** 734

% Daily Values*

Total Fat	82g	127%
Saturated Fat	51g	256%
Cholesterol	360mg	120%
Sodium	1263mg	53%
Total Carbohydrates	16g	5%
Dietary Fiber	3g	11%
Protein	43g	
Vitamin A		254%
Vitamin C		207%
Calcium		34%
Iron		33%

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