

Maryland Crab Dip

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Servings: 12

Yield: 12 two tbsp servings

4 ounces cream cheese, softened
1/4 cup sour cream
1 teaspoon Worcestershire sauce
1/2 teaspoon dry mustard
1/8 teaspoon seafood seasoning
1/8 teaspoon garlic powder
few dashes hot pepper sauce
3 green onions, chopped and divided
1 can (6-1/2 ounce) crabmeat, drained and flaked
3/4 cup cheddar cheese, divided

Preparation Time: 15 minutes

In a medium bowl, beat the cream cheese, sour cream, Worcestershire sauce, mustard, seafood seasoning, garlic powder and hot pepper sauce with a mixer until creamy.

Reserve one teaspoon of the onions. Add the remaining onions, crabmeat and 1/2 cup of the cheese to the cream cheese mixture and mix well. Spoon into a microwavable bowl.

Microwave on high for 3 minutes or until heated through, stirring after 1-1/2 minutes.

Top with the remaining shredded cheese and reserved onions.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 83 Calories; 7g Fat (72.9% calories from fat); 5g Protein; 1g Carbohydrate; trace Dietary Fiber; 29mg Cholesterol; 112mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	83	Vitamin B6 (mg):	trace
% Calories from Fat:	72.9%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	4.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	22.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	7g	Folacin (mcg):	10mcg
Saturated Fat (g):	4g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0

Cholesterol (mg):	29mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	5g
Sodium (mg):	112mg
Potassium (mg):	77mg
Calcium (mg):	78mg
Iron (mg):	trace
Zinc (mg):	1mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	263IU
Vitamin A (r.e.):	76 1/2RE

% Daily Value 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 83 Calories from Fat: 61

% Daily Values*

Total Fat 7g	10%
Saturated Fat 4g	21%
Cholesterol 29mg	10%
Sodium 112mg	5%
Total Carbohydrates 1g	0%
Dietary Fiber trace	0%
Protein 5g	
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Vitamin A	5%
Vitamin C	3%
Calcium	8%
Iron	2%

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