

# Curried Crabmeat Filling

Sonia Uvezian

*The International Appetizer Cookbook (1984)*

## Yield: 3 cups

*1/4 cup cream cheese, room temperature*  
*1/4 cup sour cream*  
*1 tablespoon (or to taste) lemon juice, freshly squeezed and strained*  
*1 tablespoon fresh chives, finely chopped*  
*1 tablespoon scallions (including two inches of green tops), finely chopped*  
*1/2 teaspoon curry powder*  
*2 tablespoons macadamia nuts or toasted blanched almonds, chopped*  
*1/4 teaspoon Worcestershire sauce (or to taste)*  
*salt (to taste)*  
*Tabasco sauce (to taste)*  
*2 cups cooked crabmeat, picked over and flaked*

In a bowl, beat the cream cheese with the sour cream and lemon juice until light and fluffy.

Add the chives, scallions, curry powder, macadamia nuts, Worcestershire, salt and Tabasco sauce. Mix thoroughly.

Add the crabmeat and blend well.

Taste and adjust the seasoning.

Cover and refrigerate.

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Per Serving (excluding unknown items): 392 Calories; 32g Fat (68.6% calories from fat); 7g Protein; 26g Carbohydrate; 1g Dietary Fiber; 89mg Cholesterol; 217mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 0 Non-Fat Milk; 6 Fat; 0 Other Carbohydrates.

## Appetizers

### Per Serving Nutritional Analysis

Calories (kcal):	392	Vitamin B6 (mg):	.2mg
% Calories from Fat:	68.6%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	24.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	6.9%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	32g	Folacin (mcg):	50mcg
		Niacin (mg):	trace

**Saturated Fat (g):** 20g  
**Monounsaturated Fat (g):** 9g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 89mg  
**Carbohydrate (g):** 26g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 7g  
**Sodium (mg):** 217mg  
**Potassium (mg):** 490mg  
**Calcium (mg):** 139mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 117mg  
**Vitamin A (i.u.):** 1473IU  
**Vitamin A (r.e.):** 405RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0.00%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 1/2  
**Vegetable:** 0  
**Fruit:** 1 1/2  
**Non-Fat Milk:** 0  
**Fat:** 6  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 392      **Calories from Fat:** 269

### % Daily Values\*

<b>Total Fat</b>	32g	50%
Saturated Fat	20g	101%
<b>Cholesterol</b>	89mg	30%
<b>Sodium</b>	217mg	9%
<b>Total Carbohydrates</b>	26g	9%
Dietary Fiber	1g	6%
<b>Protein</b>	7g	
<b>Vitamin A</b>		29%
<b>Vitamin C</b>		195%
<b>Calcium</b>		14%
<b>Iron</b>		7%

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