

Shellfish and Avocado Filling

Sonia Uvezian

The International Appetizer Cookbook (1984)

Yield: 2 1/2 cups

1 cup cooked shrimp or crabmeat, finely diced

1 cup avocado, finely chopped

2 hard-cooked eggs, finely chopped

3 tablespoons scallions (including two inches of green tops), finely chopped

1/4 teaspoon crushed dried tarragon

1/3 to 1/2 cup mayonnaise

2 tablespoons lemon or lime juice, freshly squeezed and strained

salt (to taste)

freshly ground pepper (to taste)

Tabasco sauce (to taste)

In a bowl, combine all of the ingredients. Toss gently but thoroughly.

Taste and adjust the seasoning.

Cover and refrigerate.

Per Serving (excluding unknown items): 910 Calories; 95g Fat (88.3% calories from fat); 16g Protein; 12g Carbohydrate; 4g Dietary Fiber; 449mg Cholesterol; 551mg Sodium. Exchanges: 2 Lean Meat; 1/2 Fruit; 10 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

| | |
|--------------------------------|-------|
| Calories (kcal): | 910 |
| % Calories from Fat: | 88.3% |
| % Calories from Carbohydrates: | 4.9% |
| % Calories from Protein: | 6.7% |
| Total Fat (g): | 95g |
| Saturated Fat (g): | 15g |
| Monounsaturated Fat (g): | 35g |
| Polyunsaturated Fat (g): | 34g |
| Cholesterol (mg): | 449mg |
| Carbohydrate (g): | 12g |

| | |
|---------------------|--------|
| Vitamin B6 (mg): | .9mg |
| Vitamin B12 (mcg): | 1.3mcg |
| Thiamin B1 (mg): | .2mg |
| Riboflavin B2 (mg): | .7mg |
| Folacin (mcg): | 140mcg |
| Niacin (mg): | 3mg |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Protein: | 0.0% |

Food Exchanges

Dietary Fiber (g): 4g
Protein (g): 16g
Sodium (mg): 551mg
Potassium (mg): 1023mg
Calcium (mg): 79mg
Iron (mg): 3mg
Zinc (mg): 2mg
Vitamin C (mg): 11mg
Vitamin A (i.u.): 1655IU
Vitamin A (r.e.): 297 1/2RE

Grain (Starch): 0
Lean Meat: 2
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 10 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 910 **Calories from Fat:** 804

% Daily Values*

| | |
|--------------------------------|------|
| Total Fat 95g | 146% |
| Saturated Fat 15g | 77% |
| Cholesterol 449mg | 150% |
| Sodium 551mg | 23% |
| Total Carbohydrates 12g | 4% |
| Dietary Fiber 4g | 15% |
| Protein 16g | |
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| Vitamin A | 33% |
| Vitamin C | 19% |
| Calcium | 8% |
| Iron | 17% |

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