

Crabmeat Casserole II

Alice V. Cinader

Gourmet Eating in South Carolina - (1985)

1 medium onion
1 pound crabmeat
1 stick butter
1 teaspoon Worcestershire sauce
3 tablespoons cooking sherry
1 cup milk OR one can she-crab soup
salt (to taste)
pepper (to taste)
1 egg, well beaten
bread crumbs OR small package of
stuffing mix
1/2 cup mayonnaise

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Preheat the oven to 250 degrees.

In a saucepan, melt the butter. Stir in the bread crumbs. Reserve a small amount for topping. Place the remaining bread crumbs in a bowl. Add the crabmeat, Worcestershire sauce, sherry, milk, salt, pepper, egg, and mayonnaise.

Place the crabmeat mixture in a casserole dish. Sprinkle the reserved bread crumbs on top.

Bake about one hour.

Serve warm.

Per Serving (excluding unknown items): 2178 Calories; 195g Fat (80.5% calories from fat); 92g Protein; 15g Carbohydrate; 2g Dietary Fiber; 853mg Cholesterol; 3017mg Sodium. Exchanges: 11 1/2 Lean Meat; 1 1/2 Vegetable; 26 1/2 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	2178
% Calories from Fat:	80.5%
% Calories from Carbohydrates:	2.7%
% Calories from Protein:	16.8%
Total Fat (g):	195g
Saturated Fat (g):	73g
Monounsaturated Fat (g):	54g
Polyunsaturated Fat (g):	51g
Cholesterol (mg):	853mg
Carbohydrate (g):	15g

Vitamin B6 (mg):	1.5mg
Vitamin B12 (mcg):	41.9mcg
Thiamin B1 (mg):	.4mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	257mcg
Niacin (mg):	13mg
Caffeine (mg):	0mg
Alcohol (kcal):	62
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 2g
 Protein (g): 92g
 Sodium (mg): 3017mg
 Potassium (mg): 1880mg
 Calcium (mg): 508mg
 Iron (mg): 6mg
 Zinc (mg): 17mg
 Vitamin C (mg): 30mg
 Vitamin A (i.u.): 4048IU
 Vitamin A (r.e.): 1001RE

Grain (Starch): 0
 Lean Meat: 11 1/2
 Vegetable: 1 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 26 1/2
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2178 Calories from Fat: 1754

% Daily Values*

Total Fat	195g	301%
Saturated Fat	73g	364%
Cholesterol	853mg	284%
Sodium	3017mg	126%
Total Carbohydrates	15g	5%
Dietary Fiber	2g	8%
Protein	92g	
Vitamin A		81%
Vitamin C		49%
Calcium		51%
Iron		32%

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