

Crabmeat Coquille

Nancy Kumin

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 4

2 tablespoons butter
salt (to taste)
pepper (to taste)
1 tablespoon all-purpose flour
1/2 pound (8 ounces) American
processed cheese food
2 tablespoons sherry
1 cup milk
2 packages (6 ounce ea) frozen
crabmeat, thawed and drained

Melt the butter in a saucepan. Add the flour, salt and pepper slowly, stirring gently over low heat.

Gradually add the milk, stirring constantly, until the white sauce is thick and smooth.

Add the sherry and cheese to the mixture, stirring until the cheese is melted. Fold in the crabmeat.

Serve over pastry shells, toast points or rice.

Per Serving (excluding unknown items): 106 Calories; 8g Fat (70.9% calories from fat); 2g Protein; 5g Carbohydrate; trace Dietary Fiber; 24mg Cholesterol; 89mg Sodium. Exchanges: 0 Grain(Starch); 0 Non-Fat Milk; 1 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	106
% Calories from Fat:	70.9%
% Calories from Carbohydrates:	19.9%
% Calories from Protein:	9.2%
Total Fat (g):	8g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	24mg
Carbohydrate (g):	5g
Dietary Fiber (g):	trace
Protein (g):	2g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	10
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 89mg
Potassium (mg): 103mg
Calcium (mg): 75mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 294IU
Vitamin A (r.e.): 77RE

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 106 Calories from Fat: 75

% Daily Values*

Total Fat	8g	12%
Saturated Fat	5g	24%
Cholesterol	24mg	8%
Sodium	89mg	4%
Total Carbohydrates	5g	2%
Dietary Fiber	trace	0%
Protein	2g	
Vitamin A		6%
Vitamin C		1%
Calcium		8%
Iron		1%

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