

# Cold Crab Spread

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

1 cup crabmeat (canned is fine)  
 juice of one lemon  
 1 package (3 ounces) cream cheese,  
 softened  
 1 clove garlic, finely minced  
 1/4 teaspoon salt  
 1 teaspoon Worcestershire sauce  
 1/2 can (4 ounces) water chestnuts  
 (optional), chopped

Soften the cream cheese (during the day, put on the stove to soften).

In a bowl, stir the lemon juice through the crabmeat. Refrigerate.

In a bowl, mix the cream cheese, garlic, salt, water chestnuts (if desired) and Worcestershire sauce until blended.

Gently stir in the crabmeat.

Serve with your favorite crackers.

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Per Serving (excluding unknown items): 818 Calories; 81g Fat (87.6% calories from fat); 18g Protein; 8g Carbohydrate; trace Dietary Fiber; 255mg Cholesterol; 1268mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Vegetable; 15 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	818
<b>% Calories from Fat:</b>	87.6%
<b>% Calories from Carbohydrates:</b>	3.9%
<b>% Calories from Protein:</b>	8.6%
<b>Total Fat (g):</b>	81g
<b>Saturated Fat (g):</b>	51g
<b>Monounsaturated Fat (g):</b>	23g
<b>Polyunsaturated Fat (g):</b>	3g
<b>Cholesterol (mg):</b>	255mg
<b>Carbohydrate (g):</b>	8g
<b>Dietary Fiber (g):</b>	trace
	18g

<b>Vitamin B6 (mg):</b>	.1mg
<b>Vitamin B12 (mcg):</b>	1.0mcg
<b>Thiamin B1 (mg):</b>	trace
<b>Riboflavin B2 (mg):</b>	.5mg
<b>Folacin (mcg):</b>	31mcg
<b>Niacin (mg):</b>	trace
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	0.0%

## Food Exchanges

<b>Grain (Starch):</b>	0
	2 1/2

**Protein (g):**  
**Sodium (mg):** 1268mg  
**Potassium (mg):** 329mg  
**Calcium (mg):** 200mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 10mg  
**Vitamin A (i.u.):** 3316IU  
**Vitamin A (r.e.):** 999 1/2RE

**Lean Meat:**  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 15  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 818 Calories from Fat: 716

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### % Daily Values\*

<b>Total Fat</b>	81g		124%
Saturated Fat	51g		255%
<b>Cholesterol</b>	255mg		85%
<b>Sodium</b>	1268mg		53%
<b>Total Carbohydrates</b>	8g		3%
Dietary Fiber	trace		0%
<b>Protein</b>	18g		
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<b>Vitamin A</b>			66%
<b>Vitamin C</b>			17%
<b>Calcium</b>			20%
<b>Iron</b>			17%

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