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Prevent and Protect
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CRAB SPREAD

Recipe courtesy of LeeAnn S. Weintraub, MPH, RD

Serves 4

Ingredients

1 cup fine flake crabmeat
2 T parsley, finely snipped
1 T onion, minced
3 T mayonnaise
1/4 tsp curry powder
1 tsp fresh lemon juice

Directions

Mix ingredients together, chill in a covered container for at least 1 hour, then serve. Serve in a small dish or a large decorative clam shell over cracked ice to keep spread chilled.

Nutrient Analysis: *Calories: 74; Total Fat: 4 g; Saturated Fat: 1 g; Polyunsaturated Fat: 2 g; Monounsaturated Fat: 1 g; Cholesterol: 32 mg; Sodium: 161 mg; Carbohydrates: 3 g; Fiber: 0 g; Protein: 6 g*