

MARYLAND CRAB DIP

Yield: 4 cups

| Ingredients | Amounts |
|-------------------------------------|---------|
| Spinach, fresh, tightly packed | ½ cup |
| Cream cheese | 1 cup |
| Mayonnaise | ½ cup |
| Grated Parmesan | ¼ cup |
| Old Bay™ Seasoning Mix | 1 tsp |
| Milk | ¼ cup |
| Garlic, chopped | 1 tsp. |
| Basil, cut into thin strips | ½ cups |
| Spring onions, finely sliced | ½ cup |
| Jumbo lump crabmeat, shells removed | 1 lb |

Method

1. Place spinach in a 1 qt microwave dish with 2 Tbsp. of water. Microwave covered at P10 for 1 minute. Drain, chill and chop coarsely.
2. In a large bowl beat cream cheese until smooth. Add mayonnaise, parmesan, Old Bay™, milk, garlic, basil, and spring onions and mix until well blended. Add chopped spinach and fold in crabmeat.
3. Place crab dip mix into a microwavable 9" glass pie plate. Spread evenly.
4. Microwave at P10 for 3 minutes.

| Nutrition Facts | |
|--|------------------------------|
| Serving Size 1/2 cup | |
| Servings Per Container 8 | |
| Amount Per Serving | |
| Calories 270 | Calories from Fat 200 |
| % Daily Value* | |
| Total Fat 23g | 35% |
| Saturated Fat 9g | 45% |
| Trans Fat 0g | |
| Cholesterol 75mg | 25% |
| Sodium 470mg | 20% |
| Total Carbohydrate 2g | 1% |
| Dietary Fiber 0g | 0% |
| Sugars 1g | |
| Protein 13g | |
| Vitamin A 15% | • Vitamin C 8% |
| Calcium 10% | • Iron 4% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300 mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |