



## Ingredients



# Crab Delights

Adapted from *My sister Norine*



- 6 English muffins
- 7 ounces of white crab meat
- 1 jar of old English cheese
- 2 Tbsp. mayonnaise
- 1/2 tsp. garlic salt
- 1/2 cup butter softened
- Dash of Tabasco or cayenne pepper



## Directions



**Yield:** 48 bites

**Serving size:** 4 bites

**Total cost:** \$7.43 **Serving cost:** \$0.62

1. Lightly toast split muffins and set aside
2. Mix together well, crab meat, cheese, butter, garlic salt and Tabasco.
3. Spread on muffin halves and cut into fourths.
4. Place on cookie sheet and put in freezer.
5. When frozen put into baggies and keep until ready to use.
6. Place frozen pieces on cookie sheet and bake at 425° for 10 minutes.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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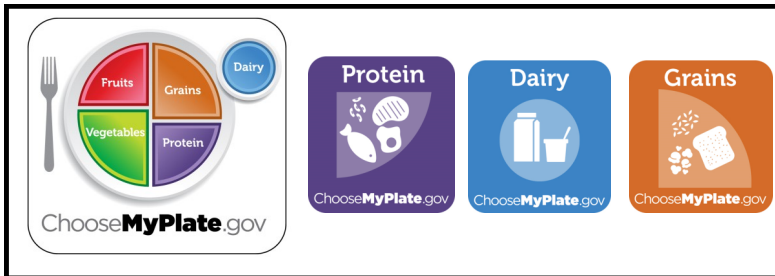
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# Fast Facts



## Featured Food Groups



## Cooking Tips



Nutrition Facts	
12 servings per container	
<b>Serving size</b>	<b>4 bites</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>50</b>
% Daily Value*	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 1.8g	<b>9%</b>
Trans Fat 0.1g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars < 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0.2mcg	0%
Calcium 39mg	4%
Iron 0.36mg	2%
Potassium 0mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

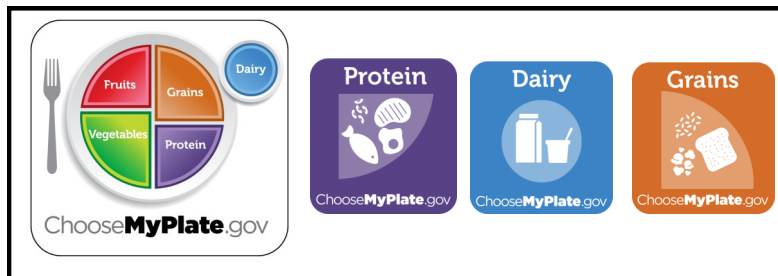
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