



Amazing Crab Shells

READY IN



160 min.

SERVINGS



36

CALORIES



70 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 stalks celery chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 pound imitation crabmeat
- ☐ 36 jumbo shells
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 cup mayonnaise
- ☐ 16 ounce neufchâtel cheese
- ☐ 1 onion minced
- ☐ 1.5 teaspoons salt

- ☐ 6 ounces tiny shrimp cooked
- ☐ 2 tablespoons sugar white

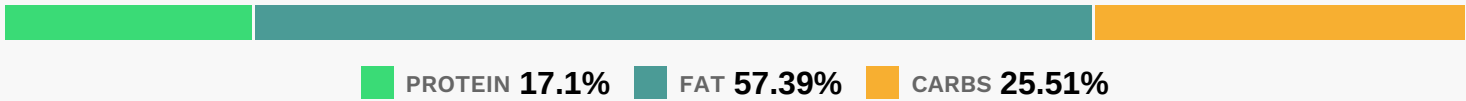
Equipment

- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to boil, and add pasta shells; boil until al dente.
- ☐ Drain well.
- ☐ In a large mixing bowl, combine cream cheese, crab, shrimp, onion, celery, mayonnaise, sugar, salt, pepper and lemon juice; mix well.
- ☐ Stuff cream cheese mixture into the jumbo pasta shells. Chill for at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:7.78, Glycemic Load:0.97, Inflammation Score:-1, Nutrition Score:1.1747825974194%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 70.38kcal (3.52%), Fat: 4.47g (6.88%), Saturated Fat: 1.86g (11.65%), Carbohydrates: 4.47g (1.49%), Net Carbohydrates: 4.21g (1.53%), Sugar: 1.68g (1.87%), Cholesterol: 19.19mg (6.4%), Sodium: 230.56mg (10.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Vitamin K: 4.3µg (4.1%), Phosphorus: 31.3mg (3.13%), Vitamin A: 117.51IU (2.35%), Calcium: 19.93mg (1.99%), Selenium: 1.09µg (1.55%), Copper: 0.03mg (1.38%), Vitamin B2: 0.02mg (1.34%), Potassium: 45.05mg (1.29%), Zinc: 0.19mg (1.28%), Manganese: 0.02mg (1.12%), Fiber: 0.27g

(1.06%), Magnesium: 4.07mg (1.02%)