



Cheesy Crabmeat Bake

READY IN



45 min.

SERVINGS



6

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce artichoke hearts drained quartered canned
- ☐ 2 tablespoons breadcrumbs dry fine
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 pound mushrooms fresh quartered
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 teaspoon ground pepper white
- ☐ 1 tablespoon juice of lemon
- ☐ 0.8 cup milk 1% low-fat divided
- ☐ 1.3 cups no-salt-added chicken broth undiluted canned divided

- ☐ 1 pound lump crab meat fresh drained
- ☐ 1 tablespoon butter reduced-calorie
- ☐ 2 teaspoons butter melted reduced-calorie
- ☐ 0.5 cup nonfat cream alternative sour
- ☐ 0.5 teaspoon paprika
- ☐ 2 tablespoons parmesan cheese freshly grated
- ☐ 0.3 teaspoon salt
- ☐ 1 ounce swiss cheese shredded reduced-fat finely

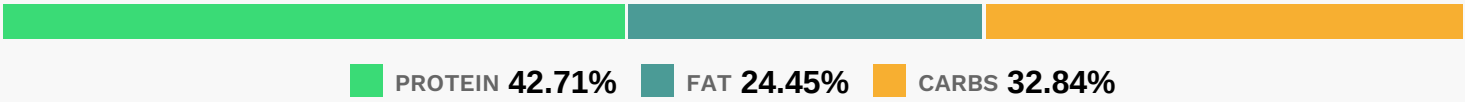
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Coat a nonstick skillet with cooking spray; add 1 tablespoon margarine.
- ☐ Place over medium-high heat until margarine melts.
- ☐ Add 1/2 cup broth and mushrooms; cook over high heat until liquid evaporates.
- ☐ Remove from heat; stir in crabmeat, salt, and pepper.
- ☐ Combine flour and 1/4 cup milk.
- ☐ Combine remaining milk and broth in a saucepan; add flour mixture. Cook over medium heat, stirring constantly, until thick.
- ☐ Remove from heat; stir in sour cream and next 3 ingredients. Stir in crabmeat mixture and artichoke. Spoon into a shallow 2-quart baking dish coated with cooking spray.
- ☐ Combine breadcrumbs, Parmesan cheese, 2 teaspoons margarine, and paprika.
- ☐ Sprinkle over crabmeat mixture.
- ☐ Bake, uncovered, at 400 for 15 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:3.2, Inflammation Score:-5, Nutrition Score:18.59608709553%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 200.19kcal (10.01%), Fat: 5.34g (8.22%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 16.15g (5.38%), Net Carbohydrates: 14.37g (5.22%), Sugar: 3.23g (3.59%), Cholesterol: 38.06mg (12.69%), Sodium: 1129.33mg (49.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.01g (42.01%), Vitamin B12: 7.22µg (120.39%), Selenium: 36.54µg (52.21%), Copper: 0.87mg (43.38%), Zinc: 5.32mg (35.49%), Phosphorus: 314.24mg (31.42%), Vitamin B2: 0.34mg (19.75%), Vitamin B3: 3.47mg (17.37%), Calcium: 168.94mg (16.89%), Folate: 56.51µg (14.13%), Magnesium: 52.03mg (13.01%), Potassium: 418.9mg (11.97%), Vitamin B1: 0.16mg (10.98%), Vitamin B6: 0.2mg (10.1%), Vitamin B5: 1mg (9.97%), Vitamin C: 7.24mg (8.77%), Vitamin A: 371.8IU (7.44%), Fiber: 1.79g (7.14%), Iron: 1.22mg (6.75%), Manganese: 0.13mg (6.39%), Vitamin D: 0.41µg (2.75%), Vitamin E: 0.2mg (1.36%)