



Christmas Seafood Casserole

READY IN



50 min.

SERVINGS



4

CALORIES



373 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black
- 1.5 teaspoons butter
- 1.5 cups celery chopped
- 4 ounces cheddar cheese sliced
- 0.3 pound crab meat
- 6 tablespoons flour all-purpose
- 0.3 pound live maine lobsters
- 2.5 cups milk
- 1 cup onions chopped

- 0.5 teaspoon salt
- 0.3 pound scallops
- 0.3 pound shrimp

Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.
- Melt 3 tablespoons butter in a skillet, and saute the onions and celery until tender.
- Heat the milk in a saucepan over medium heat, and mix in the flour and 1 1/2 teaspoons butter until well blended. Gradually blend the cheese into the mixture. Season with salt and pepper.
- In a medium bowl, mix the onions and celery with the cheese sauce mixture. Toss in the crabmeat, lobster, shrimp, and scallops.
- Transfer to the prepared baking dish.
- Bake uncovered in the preheated oven 25 minutes, or until the seafood is opaque and the surface is lightly browned.

Nutrition Facts



PROTEIN 34.98% **FAT 41%** **CARBS 24.02%**

Properties

Glycemic Index:70.25, Glycemic Load:10.13, Inflammation Score:-7, Nutrition Score:23.294347576473%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg

Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg

Nutrients (% of daily need)

Calories: 372.79kcal (18.64%), Fat: 16.93g (26.04%), Saturated Fat: 9.44g (58.99%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 20.67g (7.52%), Sugar: 9.67g (10.74%), Cholesterol: 151.04mg (50.35%), Sodium: 1080.06mg (46.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.5g (65%), Vitamin B12: 4.43µg (73.88%), Selenium: 47.1µg (67.28%), Phosphorus: 580.63mg (58.06%), Calcium: 472.48mg (47.25%), Copper: 0.82mg (41.03%), Zinc: 5.19mg (34.62%), Vitamin B2: 0.44mg (26.17%), Magnesium: 77.89mg (19.47%), Potassium: 670.82mg (19.17%), Folate: 67.72µg (16.93%), Vitamin B1: 0.23mg (15.23%), Vitamin A: 758.98IU (15.18%), Vitamin B5: 1.45mg (14.54%), Vitamin B6: 0.29mg (14.35%), Manganese: 0.25mg (12.44%), Vitamin K: 12.97µg (12.35%), Vitamin D: 1.85µg (12.32%), Vitamin B3: 1.97mg (9.86%), Vitamin C: 6.12mg (7.42%), Iron: 1.25mg (6.95%), Fiber: 1.65g (6.61%), Vitamin E: 0.7mg (4.66%)