



Cornbread-and-Crab-Stuffed Fish

READY IN



40 min.

SERVINGS



6

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 0.3 cup celery chopped
- 0.5 cup chicken broth
- 6 oz buttermilk cornbread mix
- 1 tablespoon parsley fresh chopped
- 0.3 teaspoon lemon zest
- 0.5 lb lump crab meat fresh drained
- 1 teaspoon old bay seasoning divided
- 0.3 cup onion chopped

- 3 lb snapper red
- 6 servings kitchen string
- 2 bread white toasted cut into cubes (1 cup)

Equipment

- bowl
- frying pan
- oven
- roasting pan
- kitchen twine

Directions

- Preheat oven to 35
- Prepare cornbread mix according to package directions.
- Let cool 30 minutes; crumble into a large bowl.
- Meanwhile, pick crabmeat, removing any bits of shell.
- Melt butter in a large skillet over medium heat; add celery and onion, and saut 10 to 12 minutes or until tender. Stir in 1/2 tsp. Old Bay seasoning. Stir celery mixture, crab, bread cubes, parsley, and lemon zest into crumbled cornbread, stirring gently until blended.
- Add broth, and stir gently until moistened.
- Sprinkle cavity of fish with remaining 1/2 tsp. Old Bay seasoning. Spoon stuffing mixture into fish, and secure with kitchen string.
- Place fish in a large, lightly greased roasting pan.
- Bake at 350 for 45 to 50 minutes or until fish flakes with a fork.

Nutrition Facts

PROTEIN **46.65%** FAT **27.17%** CARBS **26.18%**

Properties

Glycemic Index:43.63, Glycemic Load:4.17, Inflammation Score:-8, Nutrition Score:29.756087158037%

Flavonoids

Apigenin: 1.56mg, Apigenin: 1.56mg, Apigenin: 1.56mg, Apigenin: 1.56mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 448.99kcal (22.45%), Fat: 13.26g (20.4%), Saturated Fat: 4.57g (28.59%), Carbohydrates: 28.75g (9.58%), Net Carbohydrates: 24.98g (9.08%), Sugar: 8.45g (9.39%), Cholesterol: 208.3mg (69.43%), Sodium: 853.92mg (37.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.22g (102.44%), Vitamin B12: 12.1µg (201.72%), Selenium: 100.59µg (143.7%), Phosphorus: 706.6mg (70.66%), Vitamin B6: 0.88mg (43.75%), Vitamin K: 40.29µg (38.37%), Vitamin B3: 7.01mg (35.06%), Magnesium: 134.56mg (33.64%), Vitamin B1: 0.46mg (30.75%), Copper: 0.5mg (25.1%), Potassium: 846.97mg (24.2%), Zinc: 3.58mg (23.84%), Folate: 95.21µg (23.8%), Vitamin B5: 2.17mg (21.66%), Iron: 3.88mg (21.56%), Manganese: 0.35mg (17.53%), Vitamin A: 826.39IU (16.53%), Vitamin B2: 0.26mg (15.14%), Fiber: 3.77g (15.07%), Vitamin C: 11.04mg (13.38%), Calcium: 114.97mg (11.5%), Vitamin E: 0.43mg (2.85%)