



Crab and Brie Casserole with Wild Mushroom Crumb Topping

READY IN

ready

40 min.

SERVINGS

servings

8

CALORIES

calories

449 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces round of président brie
- ☐ 1 ounce mushroom caps dried
- ☐ 1 cup cooking wine dry white
- ☐ 1 pound extra wide egg noodles dried
- ☐ 3 cloves garlic minced
- ☐ 8 servings kosher salt
- ☐ 16 ounces lump crab meat
- ☐ 2 tablespoons oregano dried

- ☐ 0.5 cup panko bread crumbs
- ☐ 1 cup seafood stock
- ☐ 2 shallots minced
- ☐ 2 tablespoons butter unsalted

Equipment

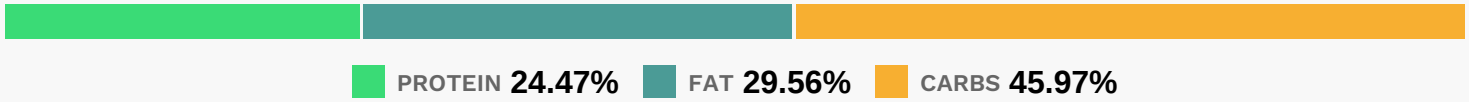
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the egg noodles to the pot and cook until just tender, but not too soft.
- ☐ Drain and set aside.
- ☐ In a large, deep skillet with high sides, melt the butter over medium heat.
- ☐ Add the shallots to the butter and saute them until translucent, about 4 to 5 minutes.
- ☐ Add the garlic and oregano and cook for 2 minutes.
- ☐ Pour in the white wine, stir, and let the mixture come to a simmer. Cook until the wine is reduced by half.
- ☐ Add the seafood stock.
- ☐ Cut the brie into bite-size chunks and add it to the pan. Stir until the brie is melted.
- ☐ Remove the skillet from the heat.
- ☐ Stir in the egg noodles then gently stir in the crab. Set aside. Cover and keep warm.
- ☐ Preheat the oven to 350 degrees F.
- ☐ In a spice grinder or food processor, grind the shiitake mushrooms until coarsely ground.

- ☐
- Place the mushrooms in a bowl and combine with the panko bread crumbs. Melt the butter and pour into the breadcrumb–mushroom mixture. Stir to coat the crumbs with butter.
- ☐
- Pour the crab noodles into a 9 by 13–inch ovenproof casserole dish and sprinkle the bread crumbs over the top.
- ☐
- Bake the casserole in the oven until the crumbs are golden brown, about 5 to 7 minutes.
- ☐
- Serve the casserole hot.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:17.48, Inflammation Score:–9, Nutrition Score:24.243913111479%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 449.4kcal (22.47%), Fat: 14.03g (21.59%), Saturated Fat: 7.57g (47.29%), Carbohydrates: 49.1g (16.37%), Net Carbohydrates: 45.89g (16.69%), Sugar: 2.38g (2.64%), Cholesterol: 107.32mg (35.77%), Sodium: 986.06mg (42.87%), Alcohol: 3.09g (100%), Alcohol %: 1.76% (100%), Protein: 26.14g (52.27%), Selenium: 72.58µg (103.68%), Vitamin B12: 5.78µg (96.41%), Copper: 0.92mg (46.17%), Zinc: 5.6mg (37.36%), Manganese: 0.73mg (36.28%), Phosphorus: 353.43mg (35.34%), Magnesium: 80.98mg (20.24%), Folate: 76.35µg (19.09%), Vitamin B6: 0.38mg (18.98%), Vitamin B2: 0.31mg (18.05%), Vitamin B5: 1.76mg (17.61%), Vitamin B3: 3.2mg (16%), Calcium: 142.46mg (14.25%), Iron: 2.5mg (13.87%), Vitamin B1: 0.2mg (13.16%), Potassium: 448.36mg (12.81%), Fiber: 3.2g (12.81%), Vitamin K: 9.45µg (9%), Vitamin A: 326.89IU (6.54%), Vitamin C: 4.97mg (6.03%), Vitamin E: 0.64mg (4.26%), Vitamin D: 0.5µg (3.35%)