



Crab and Seafood Stuffed Shells

READY IN



35 min.

SERVINGS



6

CALORIES



426 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 ounce crab meat drained canned
- 3 teaspoons celery minced
- 12 ounce shells
- 1 tablespoon onion minced
- 1 cup creamy salad dressing miracle whip® (such as)
- 6.5 ounce shrimp drained canned
- 1 cup swiss cheese shredded

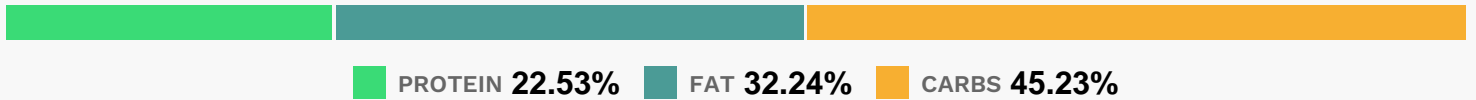
Equipment

- mixing bowl
- pot
- colander

Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the pasta shells, and return to a boil. Cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 13 minutes. well in a colander set in the sink, then rinse with cold water until the pasta is cold.
- Drain thoroughly.
- While the pasta is cooking, stir the crabmeat, shrimp, celery, onion, and creamy salad dressing in a mixing bowl. Stir in the shredded Swiss cheese.
- Stuff each shell with some of the seafood mixture, and place into a serving dish. Keep refrigerated until ready to serve.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:17.13, Inflammation Score:-4, Nutrition Score:15.351304297862%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 425.74kcal (21.29%), Fat: 15.07g (23.19%), Saturated Fat: 4.68g (29.24%), Carbohydrates: 47.56g (15.85%), Net Carbohydrates: 45.68g (16.61%), Sugar: 5.85g (6.5%), Cholesterol: 93.69mg (31.23%), Sodium: 623.82mg (27.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.7g (47.39%), Selenium: 54.22µg (77.45%), Phosphorus: 349.49mg (34.95%), Manganese: 0.57mg (28.44%), Copper: 0.53mg (26.61%), Vitamin B12: 1.49µg (24.79%), Calcium: 224.02mg (22.4%), Vitamin K: 23.06µg (21.96%), Zinc: 3.11mg (20.74%), Magnesium: 59.34mg (14.84%), Vitamin E: 1.56mg (10.38%), Potassium: 335.46mg (9.58%), Vitamin B3: 1.82mg (9.08%), Vitamin B6: 0.17mg (8.31%), Fiber: 1.88g (7.53%), Folate: 27.49µg (6.87%), Vitamin B2: 0.12mg (6.87%), Iron: 1.17mg (6.51%),

Vitamin B5: 0.61mg (6.12%), Vitamin B1: 0.07mg (4.58%), Vitamin A: 175.17IU (3.5%), Vitamin C: 1.29mg (1.57%)