



 **12%**
HEALTH SCORE

Crab and Shrimp Burgers With Garlic Grits Fries

READY IN



45 min.

SERVINGS



8

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups shrimp cleaned peeled chopped
- 1.5 cups crab meat fresh
- 1 juice of lemon
- 1 teaspoon all the tabasco sauce you handle
- 1 tablespoon dijon mustard
- 2 tablespoons mayonnaise
- 1 jalapeno minced deseeded
- 1 medium onion chopped

- 4 tablespoons parsley fresh chopped
- 0.5 teaspoon pepper white
- 1.5 teaspoons kosher salt
- 1 cup panko bread crumbs
- 1 eggs
- 1.5 cups breadcrumbs
- 0.3 cup seafood seasoning (with river road seasonings!) good
- 2 tablespoons butter unsalted
- 1 cup grits
- 3 cups water
- 1 cup milk
- 2 teaspoons kosher salt
- 0.5 cup mozzarella cheese shredded
- 8 servings garlic dried (Amir had Garlic Gold Nuggets in the back of his pantry!)

Equipment

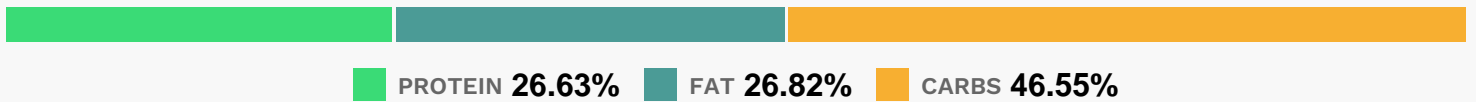
- bowl
- baking sheet
- baking paper
- oven
- grill
- cutting board

Directions

- In a large bowl, carefully mix all of the ingredients except the breadcrumbs, seafood seasoning and butter. Form into 8 patties and set on a baking sheet. Chill for an hour.
- Once chilled, cover all sides of the patties with bread crumbs and lay on a separate baking sheet.
- Bake in an oven preheated to 375 degrees for 15–20 minutes, flipping once.

- If desired, top with a bit of butter and set the burgers onto a vegetable grill basket.
- Heat for 1-2 minutes on a preheated grill just for flavor and a little color.
- Serve on warm buns.
- Cook the grits according to the package directions. Stir in the cheese and salt just before removing from heat.
- Carefully pour the hot grits into a large, shallow plastic container. Allow the grits to cool down to room temperature. Cover, then chill overnight.
- When ready, overturn the grits onto a large cutting board and cut into 1/2 wide pieces.
- Lay them on a parchment paper covered baking sheet and bake in a preheated oven at 425 degrees for 30-40 minutes or until browned. Flip them once to brown all sides.

Nutrition Facts



Properties

Glycemic Index:30.38, Glycemic Load:1.02, Inflammation Score:-6, Nutrition Score:19.739565217391%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Taste

Sweetness: 65.51%, Saltiness: 100%, Sourness: 57.3%, Bitterness: 83.31%, Savoriness: 38%, Fattiness: 87.25%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 367.95kcal (18.4%), Fat: 10.94g (16.83%), Saturated Fat: 4.4g (27.51%), Carbohydrates: 42.73g (14.24%), Net Carbohydrates: 40.18g (14.61%), Sugar: 4.37g (4.85%), Cholesterol: 123.3mg (41.1%), Sodium: 1665.18mg (72.4%), Protein: 24.45g (48.9%), Vitamin K: 58.96µg (56.15%), Vitamin B12: 3.32µg (55.26%), Selenium: 26.95µg (38.5%), Phosphorus: 316.35mg (31.64%), Copper: 0.62mg (30.87%), Manganese: 0.53mg (26.26%), Vitamin B1: 0.36mg (24.09%), Zinc: 3.59mg (23.95%), Calcium: 206.48mg (20.65%), Iron: 3.25mg (18.04%), Magnesium: 66.01mg

(16.5%), Folate: 59.36µg (14.84%), Vitamin B2: 0.24mg (14.1%), Vitamin B3: 2.64mg (13.18%), Vitamin B6: 0.25mg (12.42%), Vitamin C: 10.12mg (12.26%), Potassium: 416.62mg (11.9%), Vitamin A: 513.02IU (10.26%), Fiber: 2.55g (10.21%), Vitamin B5: 0.64mg (6.4%), Vitamin D: 0.53µg (3.55%), Vitamin E: 0.45mg (2.98%)