



Crab Cake Mac N Cheese

READY IN



70 min.

SERVINGS



6

CALORIES



850 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 6 servings pepper black freshly ground
- ☐ 6 tablespoons butter
- ☐ 3 ribs celery with leafy tops, finely chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 1 pound elbow pasta with lines on conchiglie small fat tube/shell shaped pasta with lines
- ☐ 1 handful a flat-leaf parsley generous finely chopped
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 cloves garlic finely chopped

- ☐ 3 tablespoons sauce red hot recommended: Frank's
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.8 pound lump crab meat fresh flaked for shells and
- ☐ 2.5 cups milk
- ☐ 6 servings nutmeg freshly grated to taste
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 medium onion finely chopped
- ☐ 1 cup panko bread crumbs
- ☐ 0.5 cup parmigiano-reggiano cheese grated
- ☐ 0.5 small bell pepper red seeded finely chopped
- ☐ 6 servings salt
- ☐ 1 tablespoon seafood seasoning recommended: Old Bay
- ☐ 0.3 pound rounded cup sharp cheddar white grated
- ☐ 0.3 pound swiss cheese shredded
- ☐ 2 tablespoons freshly thyme leaves chopped

Equipment

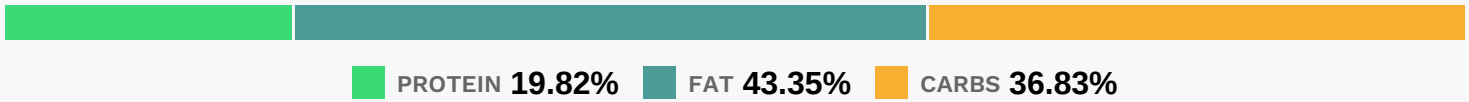
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large pot of water to a boil over medium heat, then salt the water.

- ☐ Add the pasta and cook for 3 to 4 minutes, (it will be undercooked). Cool, drain well and add it to a large bowl.
- ☐ Meanwhile, in a medium saucepan, heat 2 tablespoons of extra-virgin olive oil, 2 turns of the pan, and 1 tablespoon of the butter over medium to medium-high heat.
- ☐ Add the celery, onion, red pepper, garlic, bay leaf, thyme, lemon zest, salt and pepper, to taste. Cook to tender, 6 to 8 minutes.
- ☐ Add the crabmeat to the vegetables and season liberally with seafood seasoning. Stir to combine, then remove from heat.
- ☐ In a medium sauce pot, over low heat, melt 3 tablespoons butter and whisk in the flour. Cook for 1 minute, then whisk in the milk and bring to a bubble. Season the sauce with salt, pepper and nutmeg, to taste, and cook for a few minutes, until the mixture coats the back of a spoon.
- ☐ Add the mustard and the cheese and stir in a figure 8 motion.
- ☐ Add the vegetables and crab, sauce to the bowl with the pasta and transfer the mixture to individual baking crocks or a large casserole dish. This can be made ahead to this point and refrigerated.
- ☐ Preheat the oven to 375 degrees F.
- ☐ To complete the dish, melt a couple of tablespoons butter in a small skillet, over low heat and add 3 tablespoons hot sauce. Warm through, then add the panko crumbs and toss to evenly coat the crumbs in sauce mixture. Cool the crumbs, then toss in the parsley and 1/2 cup grated Parmigiano -Reggiano cheese. Top the mac n cheese with the spicy crumb mixture. Arrange individual crocks on a baking sheet or put the casserole on baking sheet to catch any drips.
- ☐ Bake until brown and heated through, about 10 minutes. If cooking from cold, the mac n cheese will take 40 to 45 minutes, but add the crumbs the last 10 minutes of baking.

Nutrition Facts



Properties

Glycemic Index:96, Glycemic Load:5.43, Inflammation Score:-10, Nutrition Score:35.016956785451%

Flavonoids

Apigenin: 2.07mg, Apigenin: 2.07mg, Apigenin: 2.07mg, Apigenin: 2.07mg Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg,

Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg
Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.84mg, Quercetin: 3.84mg,
Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 849.81kcal (42.49%), Fat: 40.85g (62.84%), Saturated Fat: 21.49g (134.32%), Carbohydrates: 78.09g (26.03%), Net Carbohydrates: 73.24g (26.63%), Sugar: 9.69g (10.77%), Cholesterol: 120.42mg (40.14%), Sodium: 1495.13mg (65.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.02g (84.04%), Selenium: 92.21µg (131.72%), Vitamin B12: 6.84µg (113.98%), Phosphorus: 736.81mg (73.68%), Calcium: 730.05mg (73.01%), Manganese: 1.09mg (54.31%), Zinc: 7.52mg (50.13%), Copper: 0.86mg (43%), Vitamin B2: 0.53mg (31.1%), Vitamin A: 1528.74IU (30.57%), Magnesium: 120.16mg (30.04%), Vitamin K: 28.71µg (27.34%), Vitamin C: 20.38mg (24.7%), Vitamin B1: 0.32mg (21.62%), Folate: 83.1µg (20.78%), Vitamin B6: 0.41mg (20.46%), Fiber: 4.85g (19.39%), Potassium: 642.8mg (18.37%), Iron: 3.09mg (17.14%), Vitamin B3: 3.23mg (16.15%), Vitamin B5: 1.37mg (13.65%), Vitamin E: 1.68mg (11.21%), Vitamin D: 1.31µg (8.74%)