



## Crab Cake Stuffed Shrimp

READY IN



45 min.

SERVINGS



24

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 10 tablespoons butter unsalted divided
- 1 cup onion chopped
- 1 cup bell pepper green chopped
- 1 cup bell pepper red chopped
- 0.5 cup wine dry white
- 2 cloves garlic minced
- 8 ounce crab meat
- 30 round buttery crackers (like Ritz)
- 0.5 cup panko bread crumbs

- 0.5 teaspoon ground pepper red
- 1 teaspoon old bay seasoning
- 1 teaspoon salt
- 1 teaspoon pepper black
- 24 large shrimp peeled (jumbo) (tails on)
- 1 optional: lemon

## Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- knife

## Directions

- Line a baking sheet with parchment paper.
- Heat 5 tablespoons butter until melted.
- Add onion and saute until translucent.
- Add bell pepper, remaining 5 tablespoons butter, wine and garlic.
- Cook until tender (about 4 minutes).
- In a large bowl, add crab meat, onion mixture, cracker crumbs, panko, red pepper, Old Bay, salt and pepper.
- Stir to combine.
- Cover and refrigerate for at least 1 hour to 24 hours.
- Preheat oven to 350 degrees.
- Using a sharp knife and starting at the tail end, butterfly each shrimp.
- Place each butterflied shrimp on prepared pan, pressing to flatten.
- Form about 3 tablespoons crab mixture into an ball.

- Place on top of shrimp, pressing the shrimp tail over the crab.
- Repeat with remaining shrimp and crab mixture.
- Bake 10 to 15 minutes.
- OPTIONAL: Squeeze fresh lemon juice over cooked appetizer.
- Serve immediately.

## Nutrition Facts

**PROTEIN 19.6%** **FAT 57.19%** **CARBS 23.21%**

### Properties

Glycemic Index:8.48, Glycemic Load:0.37, Inflammation Score:-4, Nutrition Score:4.7069565217391%

### Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 1.28mg, Hesperetin: 1.28mg, Hesperetin: 1.28mg, Hesperetin: 1.28mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

### Taste

Sweetness: 33.68%, Saltiness: 11.33%, Sourness: 92.35%, Bitterness: 60.93%, Savoriness: 8.63%, Fattiness: 100%, Spiciness: 100%

### Nutrients (% of daily need)

Calories: 93.55kcal (4.68%), Fat: 5.84g (8.99%), Saturated Fat: 3.25g (20.32%), Carbohydrates: 5.33g (1.78%), Net Carbohydrates: 4.67g (1.7%), Sugar: 1.25g (1.39%), Cholesterol: 32.61mg (10.87%), Sodium: 231.8mg (10.08%), Alcohol: 0.52g (2.86%), Protein: 4.5g (9.01%), Vitamin C: 16.6mg (20.12%), Vitamin B12: 0.86µg (14.41%), Vitamin A: 386.53IU (7.73%), Copper: 0.15mg (7.37%), Phosphorus: 62.98mg (6.3%), Selenium: 4.1µg (5.85%), Zinc: 0.79mg (5.29%), Manganese: 0.09mg (4.53%), Vitamin K: 4.02µg (3.83%), Vitamin B6: 0.07mg (3.48%), Folate: 13.84µg (3.46%), Magnesium: 12.85mg (3.21%), Vitamin B1: 0.05mg (3.06%), Potassium: 100.99mg (2.89%), Vitamin E: 0.41mg (2.74%), Iron: 0.49mg (2.69%), Fiber: 0.66g (2.66%), Calcium: 26.19mg (2.62%), Vitamin B3: 0.49mg (2.45%), Vitamin B2: 0.03mg (1.91%), Vitamin B5: 0.11mg (1.08%)