



 **18%**  
HEALTH SCORE

## Crab Imperial

READY IN



37 min.

SERVINGS



4

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup breadcrumbs
- 1 tablespoon butter
- 4 servings crab boil seasoning
- 1 pound crab meat
- 0.3 large bell pepper diced green
- 4 tablespoons mayonnaise
- 1 tablespoon mustard
- 4 servings salt and pepper
- 1 Dash worcestershire sauce

# Equipment

oven

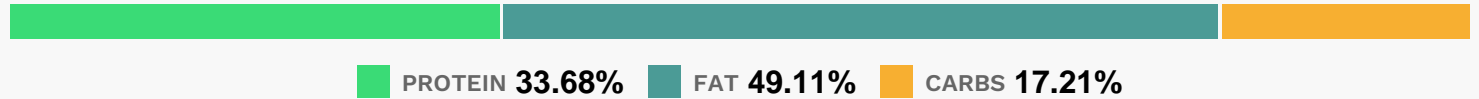
# Directions

Saute green pepper in butter until translucent, but not brown.

Add to crabmeat, salt and pepper. Stir in mustard, mayonnaise and Worcestershire sauce. Put in buttered casserole. Top with bread crumbs, a few pats of butter, and sprinkle with crab boil seasoning.

Bake for 25 minutes in a preheated 375 degree F. oven.

# Nutrition Facts



# Properties

Glycemic Index:35.5, Glycemic Load:0.08, Inflammation Score:-6, Nutrition Score:21.752608695652%

# Flavonoids

Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

# Nutrients (% of daily need)

Calories: 279.54kcal (13.98%), Fat: 15g (23.08%), Saturated Fat: 3.78g (23.64%), Carbohydrates: 11.83g (3.94%), Net Carbohydrates: 10.66g (3.88%), Sugar: 1.3g (1.45%), Cholesterol: 61.03mg (20.34%), Sodium: 1397.37mg (60.76%), Protein: 23.15g (46.29%), Vitamin B12: 10.28µg (171.26%), Selenium: 46.46µg (66.37%), Copper: 1.11mg (55.48%), Zinc: 7.07mg (47.12%), Vitamin K: 40.88µg (38.93%), Phosphorus: 284.07mg (28.41%), Vitamin C: 16.47mg (19.96%), Folate: 69.21µg (17.3%), Magnesium: 68.92mg (17.23%), Manganese: 0.33mg (16.53%), Vitamin B1: 0.2mg (13.28%), Iron: 2.17mg (12.04%), Vitamin B6: 0.24mg (11.98%), Vitamin B3: 2.28mg (11.38%), Calcium: 102.52mg (10.25%), Potassium: 300.71mg (8.59%), Vitamin B2: 0.12mg (6.85%), Vitamin B5: 0.52mg (5.21%), Fiber: 1.17g (4.68%), Vitamin A: 217.21IU (4.34%), Vitamin E: 0.63mg (4.19%)