



Crab Imperial I



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound crab meat
- 1 eggs
- 1 bell pepper green chopped
- 3 tablespoons mayonnaise
- 0.3 teaspoon ground mustard
- 1 dash pepper sauce hot
- 1 tablespoon pimento peppers chopped
- 1 teaspoon salt

1 tablespoon worcestershire sauce

Equipment

bowl

oven

baking pan

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, combine the crabmeat, bell pepper, pimento, mayonnaise, egg, Worcestershire sauce, salt, mustard powder and red pepper sauce.

Mix well and spoon into a shallow 1 1/2-quart baking dish.

Bake at 350 degrees F (175 degrees C) for 20 to 25 minutes.

Nutrition Facts

 **PROTEIN 48.04%** **FAT 46.41%** **CARBS 5.55%**

Properties

Glycemic Index:26.25, Glycemic Load:0.18, Inflammation Score:-6, Nutrition Score:20.342174037643%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 193.29kcal (9.66%), Fat: 9.69g (14.91%), Saturated Fat: 1.7g (10.6%), Carbohydrates: 2.61g (0.87%), Net Carbohydrates: 2g (0.73%), Sugar: 1.37g (1.53%), Cholesterol: 92.96mg (30.99%), Sodium: 1669.13mg (72.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.57g (45.13%), Vitamin B12: 10.32µg (171.94%), Selenium: 45.19µg (64.55%), Copper: 1.09mg (54.35%), Zinc: 6.97mg (46.46%), Vitamin C: 36.34mg (44.04%), Phosphorus: 282.65mg (28.27%), Vitamin K: 19.78µg (18.84%), Magnesium: 61.26mg (15.31%), Folate: 59.37µg (14.84%), Vitamin B6: 0.27mg (13.33%), Potassium: 342.99mg (9.8%), Vitamin B3: 1.46mg (7.31%), Iron: 1.3mg (7.24%), Vitamin B2: 0.12mg (6.94%), Calcium: 67.64mg (6.76%), Vitamin B5: 0.61mg (6.14%), Vitamin A: 306.51IU (6.13%), Vitamin B1: 0.08mg (5.06%), Manganese: 0.09mg (4.39%), Vitamin E: 0.61mg (4.07%), Fiber: 0.61g (2.43%), Vitamin D: 0.24µg (1.61%)