

Crab Imperial with Red Pepper

READY IN

ready

40 min.

SERVINGS

servings

40

CALORIES

calories

46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 slices baguette toasted for serving
- ☐ 2 large egg yolks
- ☐ 2 tablespoons flour all-purpose
- ☐ 40 servings hot sauce such as crystal or tabasco
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 lemon zest finely grated
- ☐ 1 pound lump crab meat picked over
- ☐ 1.5 cups milk
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 1 small onion diced finely
- ☐ 40 servings pepper freshly ground
- ☐ 0.5 bell pepper red cut into 1/4-inch dice
- ☐ 40 servings salt
- ☐ 1 stick butter unsalted melted plus more for greasing

Equipment

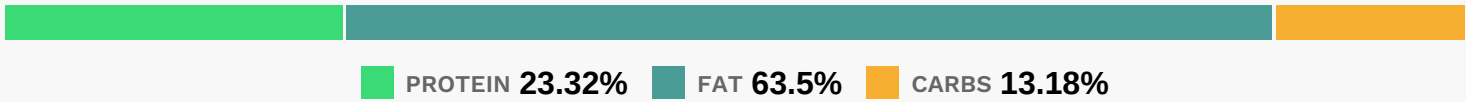
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ baking pan
- ☐ broiler

Directions

- ☐ In a saucepan, melt 2 tablespoons of the butter over moderate heat. Stir in the flour to make a paste. Gradually whisk in the milk until smooth and simmer, whisking, until the sauce thickens. Reduce the heat to low and cook, whisking, until no floury taste remains, about 7 minutes. Season the bchamel with salt and pepper. Cover and remove from the heat.
- ☐ In a skillet, heat the oil.
- ☐ Add the onion and cook over moderate heat until translucent.
- ☐ Add the bell pepper and cook until softened, 5 minutes. Season with salt and pepper.
- ☐ In a stainless steel bowl, whisk the egg yolks with the lemon juice. Set the bowl over (not in) a saucepan of simmering water and whisk constantly until thickened, 2 minutes; remove from the heat and slowly whisk in the 6 tablespoons of melted butter until a smooth sauce forms. Fold in the bchamel and lemon zest. Season with salt, pepper and hot sauce.
- ☐ Preheat the broiler. Set one rack 6 inches from the heat and another rack 10 inches from the heat. Butter a 9-by-9-inch ceramic baking dish. In a bowl, combine the crabmeat, onion and bell pepper. Gently fold in the sauce.
- ☐ Scrape into the prepared baking dish. Broil on the upper rack for 3 minutes, until browned.
- ☐ Transfer the baking dish to the lower rack and broil for 4 minutes longer, until hot throughout.

Serve with baguette toasts.

Nutrition Facts



Properties

Glycemic Index:6.89, Glycemic Load:0.7, Inflammation Score:-2, Nutrition Score:2.9447826172995%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 46.12kcal (2.31%), Fat: 3.27g (5.02%), Saturated Fat: 1.77g (11.06%), Carbohydrates: 1.53g (0.51%), Net Carbohydrates: 1.39g (0.51%), Sugar: 0.65g (0.72%), Cholesterol: 21.11mg (7.04%), Sodium: 300.55mg (13.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin B12: 1.09µg (18.19%), Selenium: 5.09µg (7.27%), Copper: 0.11mg (5.5%), Zinc: 0.75mg (5.02%), Vitamin C: 3.39mg (4.1%), Phosphorus: 40.37mg (4.04%), Vitamin A: 147.84IU (2.96%), Folate: 9.07µg (2.27%), Calcium: 20.47mg (2.05%), Magnesium: 7.65mg (1.91%), Vitamin B2: 0.03mg (1.74%), Vitamin B6: 0.03mg (1.71%), Manganese: 0.03mg (1.43%), Vitamin B1: 0.02mg (1.42%), Potassium: 48.08mg (1.37%), Vitamin D: 0.19µg (1.26%), Vitamin B5: 0.12mg (1.17%), Vitamin E: 0.17mg (1.14%), Vitamin B3: 0.21mg (1.07%)