

Crab Newburg

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 1 pound crab meat fresh
- 2 tablespoons cooking sherry dry
- 0.3 teaspoon ground pepper black
- 2 tablespoons parmesan cheese grated
- 1 pint cup heavy whipping cream sour room temperature
- 2 tablespoons tomato paste

Equipment

frying pan

Directions

Melt butter in a skillet over medium heat.

Add crab, stir and cook for 2 minutes.

Mix in sour cream, tomato paste, dry sherry, parmesan and black pepper. Cook, stirring constantly, until heated through. Do not boil.

Nutrition Facts

 **PROTEIN 20.43%** **FAT 73.34%** **CARBS 6.23%**

Properties

Glycemic Index:35.5, Glycemic Load:0.58, Inflammation Score:-8, Nutrition Score:21.316956647712%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 488.66kcal (24.43%), Fat: 39.71g (61.1%), Saturated Fat: 22.17g (138.56%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 7.23g (2.63%), Sugar: 5.09g (5.66%), Cholesterol: 160.27mg (53.42%), Sodium: 1213.66mg (52.77%), Alcohol: 0.77g (100%), Alcohol %: 0.36% (100%), Protein: 24.89g (49.78%), Vitamin B12: 10.52µg (175.34%), Selenium: 47.16µg (67.37%), Copper: 1.1mg (54.95%), Zinc: 7.32mg (48.82%), Phosphorus: 366.82mg (36.68%), Vitamin A: 1381.22IU (27.62%), Calcium: 202.39mg (20.24%), Magnesium: 72.97mg (18.24%), Vitamin B2: 0.28mg (16.24%), Folate: 58.77µg (14.69%), Potassium: 476.45mg (13.61%), Vitamin C: 10.75mg (13.04%), Vitamin B6: 0.24mg (12.13%), Vitamin B5: 0.84mg (8.4%), Vitamin E: 1.25mg (8.31%), Vitamin B3: 1.62mg (8.11%), Iron: 1.04mg (5.76%), Vitamin B1: 0.08mg (5.29%), Manganese: 0.1mg (5.19%), Vitamin K: 4.29µg (4.08%), Fiber: 0.36g (1.44%)