



Crab Stuffed Fillet O' Fish

READY IN



35 min.

SERVINGS



6

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons breadcrumbs
- ☐ 6 ounces crab meat canned
- ☐ 1 tablespoon chives
- ☐ 2 ounces cream cheese fat free
- ☐ 1 eggs
- ☐ 1.5 lbs fish fillets your favorite
- ☐ 2 tablespoons mayonnaise low-fat
- ☐ 1 teaspoon all the tabasco sauce you handle your favorite

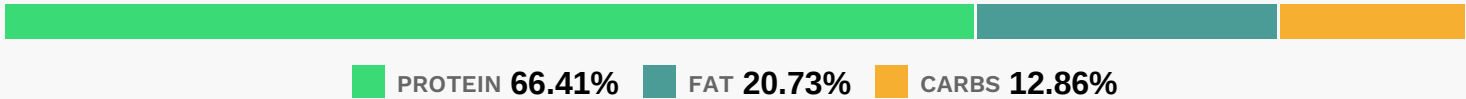
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350F degrees.2
- ☐ Mix crab meat, cream cheese, mayonnaise, hot sauce, breadcrumbs, chives and egg in a mixing bowl .3
- ☐ Lay out the fish fillets and spoon and equal amount of the mixture on each fillet.4
- ☐ Roll up fish and seal with a toothpick.5 Wrap in Aluminum foil.6
- ☐ Place in a coated baking dish.7
- ☐ Bake at 350 for 20-25 minutes.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:16.423043484273%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 190.46kcal (9.52%), Fat: 4.32g (6.65%), Saturated Fat: 1.25g (7.83%), Carbohydrates: 6.04g (2.01%), Net Carbohydrates: 5.72g (2.08%), Sugar: 1.14g (1.27%), Cholesterol: 113.36mg (37.79%), Sodium: 400.35mg (17.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.18g (62.36%), Selenium: 64.08µg (91.55%), Vitamin B12: 2.91µg (48.57%), Phosphorus: 335.12mg (33.51%), Vitamin B3: 5.68mg (28.4%), Vitamin D: 3.66µg (24.41%), Copper:

0.34mg (17.17%), Folate: 56.31µg (14.08%), Potassium: 469.23mg (13.41%), Vitamin B6: 0.25mg (12.75%), Zinc: 1.79mg (11.96%), Magnesium: 46.99mg (11.75%), Vitamin B2: 0.18mg (10.84%), Vitamin B5: 1.07mg (10.69%), Calcium: 87.41mg (8.74%), Vitamin B1: 0.13mg (8.35%), Vitamin E: 1.16mg (7.76%), Iron: 1.26mg (7.02%), Manganese: 0.13mg (6.52%), Vitamin K: 5.74µg (5.47%), Vitamin C: 1.72mg (2.09%), Vitamin A: 71.29IU (1.43%), Fiber: 0.31g (1.26%)