



Crab Stuffed Lobster Rayna

READY IN



47 min.

SERVINGS



4

CALORIES



134 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 6 ounce crab meat flaked drained canned
- 0.1 teaspoon cayenne pepper
- 1 tablespoon celery minced
- 2 tablespoons bread crumbs dry
- 0.1 teaspoon mustard dry
- 1.5 teaspoons flour all-purpose
- 1 green onion minced
- 24 ounce lobster tail pieces raw shelled

0.3 cup milk cold

Equipment

frying pan

whisk

grill

Directions

Preheat grill for medium heat.

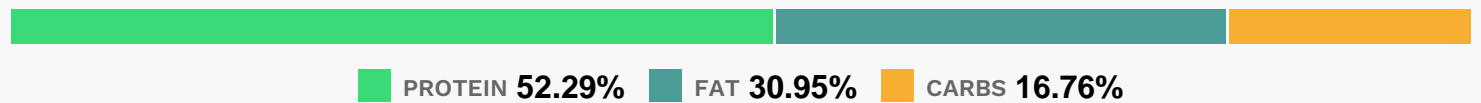
Butterfly the lobster tails by carefully cutting a slit down the top side, without cutting all the way through to the bottom. Flip the tail over, and carefully cut the shiny membrane without cutting the meat on the underside. This will prevent the tails from curling as they cook. Set tails aside.

In a skillet, melt the butter over medium heat. Cook and stir the celery and green onion in butter until tender. Stir in the flour, dry mustard, and cayenne pepper. Using a wire whisk, mix in cold milk slowly, whisking constantly to prevent lumps from forming. Continue cooking, stirring occasionally, until thickened.

Remove from heat. Stir in crab meat and bread crumbs. Spoon crab mixture into lobster tails.

Arrange tails on the preheated grill, and close the lid. Cook for 12 minutes, or until lobster meat is opaque and the crab mixture is heated through.

Nutrition Facts



Properties

Glycemic Index:64.75, Glycemic Load:0.84, Inflammation Score:-3, Nutrition Score:13.860434874244%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 133.5kcal (6.67%), Fat: 4.48g (6.89%), Saturated Fat: 2.42g (15.1%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 5.08g (1.85%), Sugar: 1.4g (1.56%), Cholesterol: 111.7mg (37.23%), Sodium: 509.83mg (22.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.01g (34.03%), Selenium: 50.63µg (72.33%), Copper: 1.01mg (50.32%), Vitamin B12: 2.14µg (35.74%), Zinc: 3.49mg (23.24%), Phosphorus: 208.91mg (20.89%), Vitamin B5: 1.23mg (12.32%), Vitamin B3: 2.36mg (11.78%), Calcium: 117.04mg (11.7%), Magnesium: 39.38mg (9.84%), Folate: 36.09µg (9.02%), Vitamin E: 1.34mg (8.91%), Potassium: 262.53mg (7.5%), Vitamin K: 7.62µg (7.25%), Vitamin B6: 0.14mg (6.99%), Vitamin B2: 0.1mg (6.09%), Manganese: 0.12mg (5.98%), Vitamin B1: 0.09mg (5.86%), Vitamin A: 188.08IU (3.76%), Iron: 0.67mg (3.74%), Vitamin C: 2.08mg (2.52%), Fiber: 0.38g (1.52%), Vitamin D: 0.22µg (1.49%)