



Crab-Stuffed Poblano Peppers

READY IN



10 min.

SERVINGS



4

CALORIES



312 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon crab boil seasoning (recommended: Old Bay)
- 0.8 teaspoon dijon mustard
- 2 tablespoons cilantro leaves fresh chopped
- 4 bell peppers green halved seeded
- 4 ounce chiles diced green canned
- 1 pinch ground pepper black
- 2 tablespoons lowfat cream sour
- 12 ounces lump crab meat fresh canned (or an equal amount of lump crabmeat)
- 0.5 cup monterrey jack cheese shredded

- 2.3 teaspoons oats (regular or quick-cooking)
- 0.5 teaspoons olive oil
- 0.3 teaspoon oregano dried
- 1 cup see recipe below
- 2.3 teaspoons seasoned bread crumbs dry
- 0.3 cup cup heavy whipping cream sour

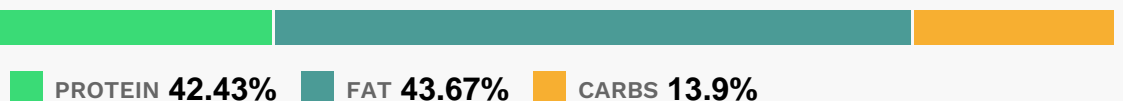
Equipment

- bowl
- frying pan
- oven
- roasting pan

Directions

- Preheat oven to 400 degrees F. Coat a shallow roasting pan with cooking spray.
- In a medium bowl, combine crab cake mixture, sour cream, green chiles, and cilantro.
- Stuff mixture into halved peppers and arrange side-by-side in bottom of prepared pan.
- Sprinkle cheese over filling.
- Bake 10 to 12 minutes, until filling is hot and cheese is golden and bubbly.
- Serve hot.
- In a large bowl, combine crabmeat, sour cream, oats, bread crumbs, Dijon mustard, crab boil seasoning, oregano, and black pepper. Gently mix ingredients together, being careful not to break up crabmeat.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:1.02, Inflammation Score:-8, Nutrition Score:24.366956643436%

Flavonoids

Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 312.37kcal (15.62%), Fat: 15.34g (23.6%), Saturated Fat: 8.87g (55.42%), Carbohydrates: 10.98g (3.66%), Net Carbohydrates: 8.01g (2.91%), Sugar: 3.55g (3.94%), Cholesterol: 99.25mg (33.08%), Sodium: 1794.52mg (78.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.53g (67.06%), Vitamin C: 111.63mg (135.31%), Vitamin B12: 7.83µg (130.52%), Selenium: 35.23µg (50.33%), Copper: 0.89mg (44.44%), Zinc: 5.88mg (39.18%), Phosphorus: 306.19mg (30.62%), Vitamin B6: 0.46mg (22.84%), Calcium: 198.4mg (19.84%), Folate: 71.76µg (17.94%), Magnesium: 66.34mg (16.59%), Manganese: 0.32mg (16.06%), Vitamin A: 739.47IU (14.79%), Potassium: 474.62mg (13.56%), Vitamin K: 13.74µg (13.09%), Fiber: 2.97g (11.89%), Vitamin B2: 0.18mg (10.35%), Iron: 1.73mg (9.61%), Vitamin B1: 0.14mg (9.4%), Vitamin B3: 1.84mg (9.18%), Vitamin B5: 0.56mg (5.61%), Vitamin E: 0.67mg (4.47%)