



Crabmeat and Cheese Po'boy

 Popular

READY IN



45 min.

SERVINGS



20

CALORIES



210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 packages po'boy bread thin
- ☐ 4 tablespoons butter
- ☐ 20 servings butter for the bread
- ☐ 0.3 teaspoon cajun spice
- ☐ 0.5 cup celery finely minced
- ☐ 1 pound claw crabmeat
- ☐ 1 large eggs

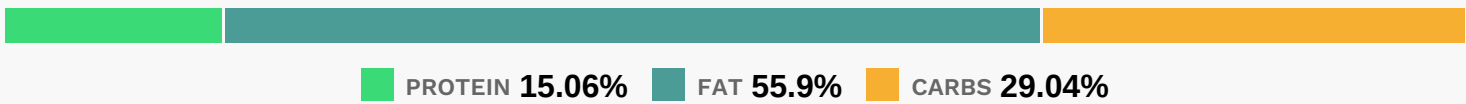
- ☐ 0.3 cup flour all-purpose
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 0.5 cup bell pepper green finely minced
- ☐ 0.3 cup green onion chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon juice of lemon
- ☐ 20 servings lettuce shredded
- ☐ 20 servings mayonnaise
- ☐ 0.5 teaspoon old bay seasoning
- ☐ 0.5 cup onion finely minced
- ☐ 1 Dash pepper sauce hot
- ☐ 1 slices pickle
- ☐ 20 servings tomatoes sliced
- ☐ 0.3 cup vegetable oil
- ☐ 20 servings velveeta sliced thin
- ☐ 6 slices bread white
- ☐ 1 Dash worcestershire sauce

Equipment

Directions

- ☐ Recipe: Crabmeat and Cheese Poboy
- ☐ From the Kitchen of Deep South Dish
- ☐ Prep time: 15 min |Cook time: 30 min |

Nutrition Facts



Properties

Glycemic Index:33.27, Glycemic Load:6.08, Inflammation Score:-9, Nutrition Score:17.077391259048%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 210.09kcal (10.5%), Fat: 13.57g (20.88%), Saturated Fat: 5.32g (33.23%), Carbohydrates: 15.86g (5.29%), Net Carbohydrates: 12.09g (4.4%), Sugar: 7.4g (8.22%), Cholesterol: 38.28mg (12.76%), Sodium: 434.5mg (18.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.22g (16.45%), Vitamin K: 53.36µg (50.82%), Vitamin A: 2238.76IU (44.78%), Vitamin C: 32.88mg (39.86%), Vitamin B12: 2.1µg (34.94%), Manganese: 0.42mg (20.99%), Folate: 79.35µg (19.84%), Potassium: 652.55mg (18.64%), Copper: 0.36mg (18.18%), Selenium: 11.93µg (17.04%), Fiber: 3.77g (15.06%), Phosphorus: 140.66mg (14.07%), Zinc: 1.98mg (13.18%), Vitamin B6: 0.26mg (12.91%), Vitamin E: 1.77mg (11.77%), Vitamin B1: 0.18mg (11.74%), Magnesium: 42.56mg (10.64%), Vitamin B3: 1.94mg (9.71%), Calcium: 84.22mg (8.42%), Iron: 1.48mg (8.2%), Vitamin B2: 0.12mg (7.04%), Vitamin B5: 0.45mg (4.52%)