



Crabmeat-and-Oyster Dressing



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tablespoons butter divided
- ☐ 1 pound crab meat fresh flaked drained
- ☐ 10.8 ounce cream of celery soup canned
- ☐ 1 cup mushrooms fresh chopped
- ☐ 0.5 medium size bell pepper green chopped
- ☐ 1 green onion chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon ground pepper black

- ☐ 0.5 cup italian-seasoned breadcrumbs
- ☐ 1 medium onion chopped
- ☐ 12 ounce dozens oysters fresh drained
- ☐ 1 cup pecans toasted chopped
- ☐ 6.2 ounce rice mix long-grain wild
- ☐ 0.3 teaspoon salt
- ☐ 2.3 cups water

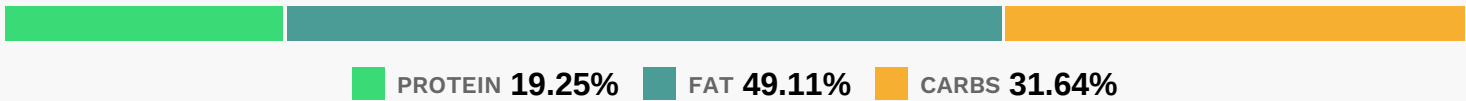
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring rice mix, 2 1/3 cups water, and 1 tablespoon butter to a boil in a saucepan. Reduce heat to low, cover, and simmer 25 minutes or until rice is tender.
- ☐ Melt remaining 4 tablespoons butter in a large nonstick skillet over medium heat; add onion, bell pepper, and mushrooms, and saute 8 minutes or until tender.
- ☐ Stir in crabmeat and oysters, and cook 4 minutes. Stir in rice, soup, and remaining ingredients; cook, stirring occasionally, 5 to 10 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:8.94, Inflammation Score:-7, Nutrition Score:22.651738981838%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 351.81kcal (17.59%), Fat: 19.69g (30.29%), Saturated Fat: 2.96g (18.49%), Carbohydrates: 28.55g (9.52%), Net Carbohydrates: 24.74g (9%), Sugar: 3.1g (3.44%), Cholesterol: 29.78mg (9.93%), Sodium: 936.19mg (40.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.36g (34.73%), Vitamin B12: 5.53µg (92.17%), Manganese: 1.13mg (56.56%), Copper: 1.05mg (52.3%), Zinc: 7.23mg (48.23%), Selenium: 26.35µg (37.64%), Phosphorus: 304.43mg (30.44%), Magnesium: 93.89mg (23.47%), Vitamin B3: 3.36mg (16.81%), Folate: 65.29µg (16.32%), Vitamin B1: 0.24mg (16.22%), Fiber: 3.81g (15.24%), Vitamin C: 11.97mg (14.51%), Vitamin K: 14.78µg (14.07%), Vitamin B6: 0.27mg (13.29%), Vitamin B2: 0.21mg (12.26%), Vitamin B5: 1.17mg (11.72%), Potassium: 407.18mg (11.63%), Iron: 2.01mg (11.17%), Vitamin A: 518.27IU (10.37%), Vitamin E: 1.28mg (8.51%), Calcium: 78.99mg (7.9%)