



Creamy Crab au Gratin

READY IN



30 min.

SERVINGS



4

CALORIES



281 kcal

SIDE DISH

Ingredients

- ☐ 4 oz mushrooms sliced
- ☐ 1 cup celery stalks sliced
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 0.8 cup skim milk fat-free
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 teaspoon hot sauce red
- ☐ 16 oz imitation crab refrigerated
- ☐ 1 cup breadcrumbs soft ()

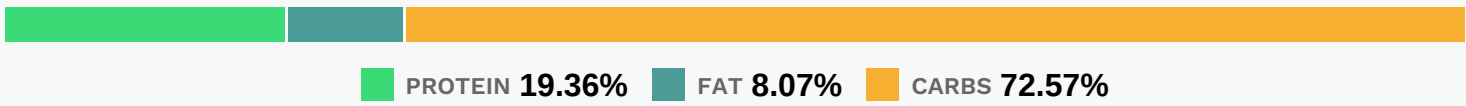
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400°F. Lightly spray 11x7-inch (2-quart) glass baking dish with cooking spray.
- ☐ Spray 3-quart saucepan with cooking spray; heat over medium heat. Cook mushrooms and celery in saucepan about 4 minutes, stirring constantly, until celery is tender. Stir in broth.
- ☐ Heat to boiling; reduce heat.
- ☐ In small bowl, beat half-and-half, flour and pepper sauce with wire whisk until smooth; stir into vegetable mixture.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in crabmeat.
- ☐ Spoon crabmeat mixture into baking dish. Top with bread crumbs.
- ☐ Bake uncovered about 15 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:3.42, Inflammation Score:-3, Nutrition Score:10.317391369654%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 281.49kcal (14.07%), Fat: 2.46g (3.79%), Saturated Fat: 0.74g (4.65%), Carbohydrates: 49.8g (16.6%), Net Carbohydrates: 46.5g (16.91%), Sugar: 8.99g (9.99%), Cholesterol: 16.74mg (5.58%), Sodium: 1295.57mg (56.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.28g (26.57%), Vitamin B2: 0.43mg (25.35%), Vitamin B1: 0.38mg (25.34%), Selenium: 13.14µg (18.78%), Manganese: 0.37mg (18.71%), Vitamin B3: 3.51mg (17.54%), Phosphorus: 152.05mg (15.21%), Folate: 54.89µg (13.72%), Fiber: 3.3g (13.21%), Calcium: 107.84mg (10.78%), Iron: 1.83mg (10.18%), Copper: 0.2mg (9.93%), Potassium: 325.12mg (9.29%), Vitamin K: 9.3µg (8.85%), Vitamin B5: 0.87mg (8.73%), Zinc: 1.04mg (6.95%), Magnesium: 26.31mg (6.58%), Vitamin B12: 0.36µg (5.94%), Vitamin B6: 0.11mg (5.58%), Vitamin A: 135.27IU (2.71%), Vitamin C: 2.06mg (2.5%), Vitamin E: 0.16mg (1.04%)