



Creamy Crabmeat au Gratin

READY IN



45 min.

SERVINGS



6

CALORIES



422 kcal

SIDE DISH

Ingredients

- ☐ 14 ounce artichoke hearts drained quartered canned
- ☐ 0.3 cup chablis wine dry white
- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 pound mushrooms fresh quartered
- ☐ 0.3 teaspoon ground pepper white
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 pound lump crab meat fresh drained
- ☐ 1 teaspoon paprika

- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup butter unsalted
- ☐ 0.3 cup butter unsalted divided melted
- ☐ 1 cup whipping cream

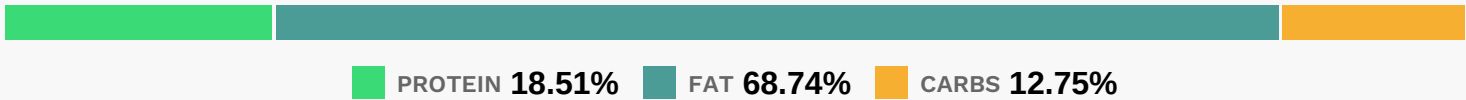
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Saute mushrooms in 3 tablespoons butter in a large skillet over high heat 4 minutes or until tender.
- ☐ Remove from heat, and stir in crabmeat, 1/4 teaspoon salt, and 1/4 teaspoon pepper; set aside.
- ☐ Melt 1/4 cup butter in a heavy saucepan; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add whipping cream and wine; cook over medium heat, stirring constantly, until thick. Stir in lemon juice, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Stir in crabmeat mixture and artichoke. Spoon into a buttered shallow 2-quart baking dish.
- ☐ Combine breadcrumbs, Parmesan cheese, paprika, and remaining 1 tablespoon melted butter.
- ☐ Sprinkle over crabmeat mixture.
- ☐ Bake, uncovered, at 400 for 15 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:3.2, Inflammation Score:-7, Nutrition Score:19.15739127864%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 421.61kcal (21.08%), Fat: 31.75g (48.85%), Saturated Fat: 19.64g (122.77%), Carbohydrates: 13.26g (4.42%), Net Carbohydrates: 11.38g (4.14%), Sugar: 2.9g (3.22%), Cholesterol: 120.87mg (40.29%), Sodium: 1094.53mg (47.59%), Alcohol: 1.03g (100%), Alcohol %: 0.49% (100%), Protein: 19.23g (38.46%), Vitamin B12: 6.99µg (116.44%), Selenium: 36.81µg (52.58%), Copper: 0.85mg (42.46%), Zinc: 5.12mg (34.12%), Phosphorus: 268.21mg (26.82%), Vitamin A: 1274.29IU (25.49%), Vitamin B2: 0.33mg (19.39%), Vitamin B3: 2.88mg (14.42%), Folate: 57.04µg (14.26%), Magnesium: 49.91mg (12.48%), Calcium: 114.52mg (11.45%), Vitamin B1: 0.16mg (10.64%), Vitamin B5: 1.03mg (10.29%), Potassium: 355.2mg (10.15%), Vitamin B6: 0.19mg (9.56%), Vitamin C: 6.99mg (8.47%), Fiber: 1.88g (7.53%), Manganese: 0.15mg (7.34%), Iron: 1.27mg (7.04%), Vitamin D: 1.01µg (6.77%), Vitamin E: 0.94mg (6.23%), Vitamin K: 3.28µg (3.13%)