



Deviled Crab

READY IN



50 min.

SERVINGS



8

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup celery finely chopped
- 0.3 cup sherry to taste
- 1.5 tablespoons juice of lemon fresh
- 1 lb lump crab meat picked over
- 8 servings hot sauce to taste
- 0.3 teaspoon salt to taste
- 8 saltines
- 0.5 cup butter unsalted
- 0.5 cup onion sweet finely chopped

Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 350°F.
- Melt butter in a 10-inch heavy skillet over moderate heat until foam subsides, then cook onion and celery, stirring, until softened, about 2 minutes.
- Remove from heat and cool.
- Gently toss crab with lemon juice.
- Coarsely crush saltines with your hands in a large bowl. Stir in onion mixture, Sherry, cayenne, and salt, then fold in crab.
- Divide among scallop shells and bake in middle of oven until lightly browned, about 20 minutes.
- * We use Outerbridge's brand, from Bermuda. Available at specialty foods shops and from 441-296-4451 or outerbridge.com.
- ** Available at Bridge Kitchenware (800-274-3435).

Nutrition Facts

**PROTEIN 26.13%** **FAT 65.35%** **CARBS 8.52%**

Properties

Glycemic Index:5.88, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:11.000869564388%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 172.76kcal (8.64%), Fat: 12.13g (18.67%), Saturated Fat: 7.39g (46.2%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 3.28g (1.19%), Sugar: 0.78g (0.86%), Cholesterol: 54.32mg (18.11%), Sodium: 585.36mg (25.45%), Alcohol: 0.77g (100%), Alcohol %: 0.97% (100%), Protein: 10.91g (21.83%), Vitamin B12: 5.13µg (85.5%), Selenium: 21.18µg (30.25%), Copper: 0.54mg (26.89%), Zinc: 3.44mg (22.93%), Phosphorus: 136.44mg (13.64%), Folate: 34.61µg (8.65%), Vitamin A: 396.96IU (7.94%), Magnesium: 31.28mg (7.82%), Vitamin C: 5.81mg (7.04%), Vitamin B6: 0.11mg (5.55%), Potassium: 160.32mg (4.58%), Vitamin B3: 0.87mg (4.34%), Calcium: 35.48mg (3.55%), Vitamin B1: 0.05mg (3.51%), Vitamin K: 3.67µg (3.49%), Manganese: 0.07mg (3.45%), Iron: 0.57mg (3.15%), Vitamin B2: 0.05mg (3%), Vitamin B5: 0.26mg (2.61%), Vitamin E: 0.39mg (2.58%), Vitamin D: 0.21µg (1.42%), Fiber: 0.28g (1.13%)