



Deviled Crab

READY IN



45 min.

SERVINGS



10

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 cups breadcrumbs divided soft
- ☐ 1.5 cups butter divided melted
- ☐ 6 large eggs
- ☐ 1 cup parsley fresh chopped
- ☐ 1.5 cups green onions chopped
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons lemon rind grated
- ☐ 1 pound lump crab meat fresh drained

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt

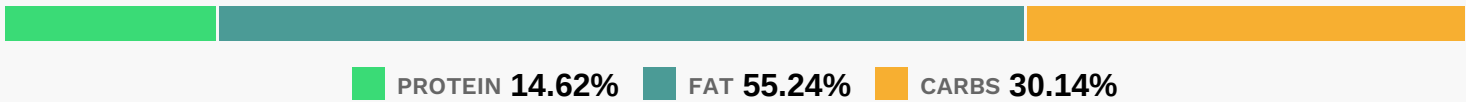
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Combine first 6 ingredients in a large bowl.
- ☐ Add 1 cup melted butter, 4 cups breadcrumbs, and next 3 ingredients. Spoon crabmeat mixture into 10 baking shells or individual baking dishes.
- ☐ Top servings evenly with remaining 1 cup breadcrumbs; drizzle evenly with remaining 1/2 cup melted butter.
- ☐ Bake, uncovered, at 400 for 20 minutes or until thoroughly heated. Turn oven setting to broil. Broil 3 minutes or until golden brown.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.6, Glycemic Load:0.31, Inflammation Score:-8, Nutrition Score:27.026521641275%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 548.14kcal (27.41%), Fat: 33.72g (51.88%), Saturated Fat: 19.16g (119.76%), Carbohydrates: 41.4g (13.8%), Net Carbohydrates: 38.2g (13.89%), Sugar: 4.15g (4.61%), Cholesterol: 203.86mg (67.95%), Sodium: 1158.23mg

(50.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.08g (40.16%), Vitamin K: 135.57µg (129.11%), Vitamin B12: 4.6µg (76.6%), Selenium: 39.79µg (56.84%), Vitamin B1: 0.57mg (38.11%), Vitamin A: 1680.2IU (33.6%), Copper: 0.6mg (30.13%), Folate: 113.41µg (28.35%), Manganese: 0.56mg (28.16%), Zinc: 4.03mg (26.88%), Phosphorus: 266.02mg (26.6%), Vitamin B2: 0.41mg (23.88%), Vitamin C: 18.67mg (22.63%), Iron: 4.03mg (22.36%), Vitamin B3: 4.29mg (21.44%), Calcium: 166.22mg (16.62%), Magnesium: 56.58mg (14.14%), Fiber: 3.19g (12.77%), Vitamin B6: 0.21mg (10.3%), Vitamin B5: 1mg (10.05%), Potassium: 333.75mg (9.54%), Vitamin E: 1.29mg (8.61%), Vitamin D: 0.6µg (4%)