



Deviled Crab with Sherry Sauce

READY IN



25 min.

SERVINGS



6

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon cayenne
- ☐ 2 lb king crab legs in shell split frozen thawed cooked
- ☐ 0.3 cup bread crumbs dry fine
- ☐ 0.5 teaspoon mustard dry
- ☐ 0.3 cup medium-dry sherry
- ☐ 2 large egg yolks
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 1 large garlic clove crushed

- ☐ 0.1 teaspoon nutmeg freshly grated
- ☐ 0.5 oz parmigiano-reggiano finely grated
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup butter unsalted
- ☐ 6 servings milk whole

Equipment

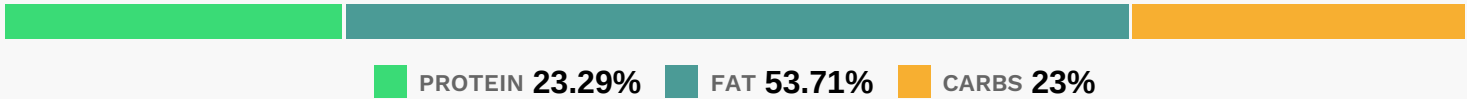
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 450°F.
- ☐ Remove crabmeat from shell, discarding cartilage, and cut meat into 1/2-inch pieces.
- ☐ Melt 2 tablespoons butter in a 1 1/2-quart heavy saucepan over moderately low heat, then add flour and cook, whisking, 2 minutes.
- ☐ Add milk in a slow stream, whisking, then add garlic and bring to a boil, whisking. Reduce heat and simmer, whisking, until béchamel is thickened, about 3 minutes.
- ☐ Remove from heat and discard garlic.
- ☐ Whisk together yolks, Sherry, mustard, nutmeg, cayenne, and salt in a bowl, then add hot béchamel in a slow stream, whisking.
- ☐ Pour mixture into saucepan and cook over very low heat, whisking constantly, until an instant-read thermometer registers 160°F, about 2 minutes.
- ☐ Remove from heat and gently stir in crabmeat and parsley. Divide mixture among 6 (4-ounce) ramekins.

- ☐
- Melt remaining 2 tablespoons butter and cool slightly. Stir together melted butter, bread crumbs, and cheese with a fork, then sprinkle over crab. Put ramekins in a shallow baking pan and bake in upper third of oven until crab is bubbling and crumbs are golden brown, about 5 minutes.
- ☐
- Deviled crab can be prepared (but not baked) 4 hours ahead and chilled, covered. Bring to room temperature before baking.

Nutrition Facts



Properties

Glycemic Index:53.17, Glycemic Load:5.85, Inflammation Score:-6, Nutrition Score:18.524782688721%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 313.71kcal (15.69%), Fat: 18.18g (27.96%), Saturated Fat: 10.44g (65.22%), Carbohydrates: 17.51g (5.84%), Net Carbohydrates: 17.15g (6.24%), Sugar: 12.25g (13.61%), Cholesterol: 128.3mg (42.77%), Sodium: 678.65mg (29.51%), Alcohol: 1.37g (100%), Alcohol %: 0.54% (100%), Protein: 17.73g (35.47%), Vitamin B12: 4.89µg (81.5%), Phosphorus: 385.64mg (38.56%), Calcium: 368.32mg (36.83%), Selenium: 24.61µg (35.16%), Vitamin B2: 0.43mg (25.24%), Zinc: 3.58mg (23.9%), Vitamin K: 23.75µg (22.62%), Vitamin D: 3.14µg (20.96%), Copper: 0.38mg (18.92%), Vitamin A: 870.68IU (17.41%), Vitamin B1: 0.23mg (15.46%), Potassium: 486.34mg (13.9%), Magnesium: 54.68mg (13.67%), Vitamin B5: 1.28mg (12.84%), Vitamin B6: 0.25mg (12.51%), Folate: 37.26µg (9.32%), Manganese: 0.12mg (5.9%), Vitamin B3: 1.18mg (5.89%), Vitamin C: 4.62mg (5.6%), Iron: 0.88mg (4.89%), Vitamin E: 0.53mg (3.53%), Fiber: 0.36g (1.46%)