



Deviled Seafood Special

 Dairy Free

READY IN



50 min.

SERVINGS



50

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 tsp pepper black
- 1 cup bread crumbs fresh
- 2 Tbsp butter melted
- 6 oz crab meat rinsed drained canned
- 1 cup celery thinly sliced
- 1 tsp mustard dry
- 0.5 cup bell pepper green finely chopped
- 0.3 cup real mayo mayonnaise kraft

- 1 Tbsp onion finely chopped
- 0.3 tsp salt
- 4.3 oz shrimp rinsed drained canned
- 1 tsp lea & perrins worcestershire sauce

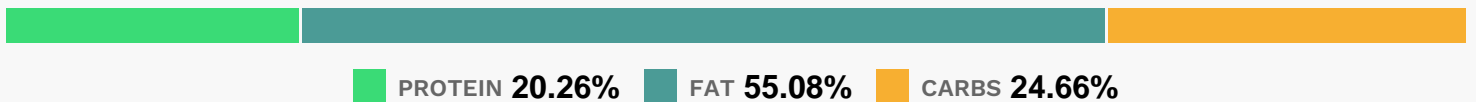
Equipment

- bowl
- oven
- casserole dish

Directions

- Preheat oven to 350F.
- Mix all ingredients except bread crumbs and butter in large bowl until well blended.
- Spoon into 4 individual seafood shells or casserole dishes. Top with combined crumbs and butter.
- Bake 30 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:3.02, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.2617391355984%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 28.55kcal (1.43%), Fat: 1.74g (2.68%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.59g (0.58%), Sugar: 0.23g (0.25%), Cholesterol: 7.81mg (2.6%), Sodium: 67.46mg (2.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Vitamin K: 3.3µg (3.14%), Selenium: 2.13µg

(3.04%), Copper: 0.05mg (2.26%), Vitamin B12: 0.12µg (2.05%), Phosphorus: 18.38mg (1.84%), Vitamin C: 1.41mg (1.71%), Vitamin B1: 0.02mg (1.58%), Manganese: 0.03mg (1.45%), Zinc: 0.2mg (1.35%), Folate: 5.12µg (1.28%), Vitamin B3: 0.25mg (1.27%), Calcium: 10.15mg (1.01%)