



Gluten-Free Crab Scramble Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



244 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.5 cup milk
- ☐ 12 eggs
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon pepper white
- ☐ 1.5 teaspoons optional: dill dried fresh chopped
- ☐ 1 cup crabmeat cooked chopped
- ☐ 8 ounces cream cheese cut into 1/2-inch cubes

- ☐ 0.3 cup spring onion sliced
- ☐ 1 serving paprika

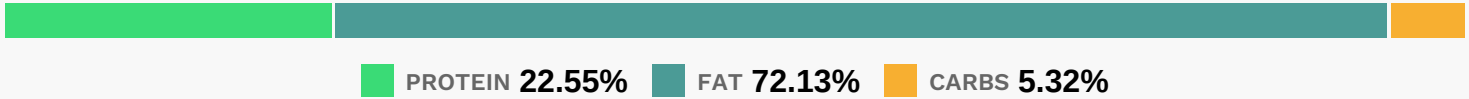
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Pour butter into square baking dish, 8x8x2 inches; tilt dish to coat bottom.
- ☐ Beat eggs, milk, salt, white pepper and dill weed in large bowl, using fork or wire whisk. Stir in crabmeat, cream cheese and onions.
- ☐ Pour into baking dish. Cover and refrigerate up to 24 hours.
- ☐ About 1 hour before serving, heat oven to 350°F.
- ☐ Sprinkle egg mixture with paprika.
- ☐ Bake uncovered 45 to 50 minutes or until center is set.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:0.75, Inflammation Score:-5, Nutrition Score:11.025652214237%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 244.01kcal (12.2%), Fat: 19.5g (30%), Saturated Fat: 8.7g (54.39%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 3.03g (1.1%), Sugar: 2.14g (2.38%), Cholesterol: 292.35mg (97.45%), Sodium: 607.92mg (26.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.72g (27.44%), Selenium: 30.27µg (43.24%), Vitamin B2:

0.41mg (24.16%), Phosphorus: 218.88mg (21.89%), Vitamin B12: 1.3µg (21.63%), Vitamin A: 1043.11IU (20.86%),
Vitamin B5: 1.41mg (14.1%), Zinc: 1.72mg (11.49%), Folate: 44.38µg (11.09%), Calcium: 103mg (10.3%), Vitamin D:
1.49µg (9.92%), Copper: 0.2mg (9.8%), Vitamin E: 1.45mg (9.69%), Vitamin B6: 0.17mg (8.57%), Iron: 1.39mg (7.73%),
Vitamin K: 7.56µg (7.2%), Potassium: 211.17mg (6.03%), Magnesium: 19.68mg (4.92%), Vitamin B1: 0.05mg (3.22%),
Vitamin B3: 0.6mg (2.99%), Manganese: 0.05mg (2.5%), Vitamin C: 1.2mg (1.45%)