



Herb-Stuffed Soft-Shell Crabs with Fresh Corn Spoon Bread

READY IN



45 min.

SERVINGS



6

CALORIES



941 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 1 cup ears corn fresh white (2 ears)
- 2 tablespoons cornmeal
- 4 large egg whites
- 2 large egg yolk
- 0.5 cup flour all-purpose
- 0.3 cup basil fresh finely chopped

- 2 tablespoons chives fresh finely chopped
- 2 tablespoons tarragon fresh finely chopped
- 2 garlic clove minced
- 1.5 cups milk 2% reduced-fat
- 36 ounce pie crust dough cleaned
- 0.3 teaspoon salt
- 1 teaspoon salt
- 1 tablespoon sugar

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- whisk
- wire rack
- pot
- blender
- baking pan
- broiler
- measuring cup

Directions

- Preheat oven to 40
- To prepare the spoon bread, lightly spoon flour into a dry measuring cup.
- Combine flour, cornmeal, and milk in a medium saucepan, stirring with a whisk until smooth. Stir in corn, sugar, and 1 teaspoon salt. Bring to a boil over medium-high heat, stirring often. Reduce heat; simmer 3 minutes or until very thick (mixture will begin to lift up from the bottom of the pot when stirred.)

- Remove from heat; stir in 1 tablespoon butter and pepper.
- Spoon the corn mixture into a large bowl; stir in egg yolks.
- Place egg whites in a large bowl, and beat with a mixer at high speed until stiff peaks form. Gently stir one-third of egg white mixture into corn mixture; gently fold in the remaining egg white mixture. Spoon the mixture into a 2-quart baking dish coated with cooking spray.
- Bake at 400 for 30 minutes or until top is browned and center is set.
- Remove from heat; cool spoon bread on a wire rack 10 minutes.
- Preheat broiler.
- To prepare crabs, combine basil and next 5 ingredients (basil through garlic); spread 1 1/2 teaspoons herb mixture undershells of each crab. Rub outside of crabs with the remaining herb mixture. Coat tops of crabs with cooking spray; place crabs on a baking sheet lightly coated with cooking spray.
- Place baking sheet 8 inches away from broiler, and cook 7 minutes or until crabs are done.
- Serve stuffed crabs with spoon bread.

Nutrition Facts

PROTEIN 7.92% **FAT 47.65%** **CARBS 44.43%**

Properties

Glycemic Index:85.1, Glycemic Load:9.41, Inflammation Score:-7, Nutrition Score:20.017826038858%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 941.47kcal (47.07%), Fat: 49.76g (76.56%), Saturated Fat: 16.54g (103.36%), Carbohydrates: 104.39g (34.8%), Net Carbohydrates: 98.81g (35.93%), Sugar: 6.8g (7.55%), Cholesterol: 70.94mg (23.65%), Sodium: 1267.83mg (55.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.6g (37.2%), Manganese: 1.12mg (56.09%), Vitamin B1: 0.64mg (42.67%), Folate: 169.75µg (42.44%), Vitamin B2: 0.63mg (36.95%), Iron: 6.14mg (34.13%), Selenium: 22.92µg (32.74%), Vitamin B3: 6.03mg (30.15%), Phosphorus: 253.01mg (25.3%), Fiber: 5.58g (22.3%), Vitamin K: 19.21µg (18.3%), Magnesium: 59.04mg (14.76%), Calcium: 146.36mg (14.64%), Vitamin B5: 1.36mg (13.63%), Potassium: 458.4mg (13.1%), Vitamin B6: 0.25mg (12.34%), Zinc: 1.59mg (10.62%), Copper: 0.2mg (10.1%), Vitamin A: 441.69IU (8.83%), Vitamin B12: 0.45µg (7.45%), Vitamin E: 1.05mg (6.98%), Vitamin C: 4mg (4.85%),

Vitamin D: 0.31µg (2.04%)