



Individual Crab Casseroles

READY IN



45 min.

SERVINGS



6

CALORIES



224 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 cups bread bread-crumbs french divided ()
- ☐ 0.5 cup celery finely chopped
- ☐ 3 tablespoons dijon mustard
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 cup bell pepper green finely chopped
- ☐ 0.5 cup green onions finely chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 0.3 cup mayonnaise light
- ☐ 1 pound lump crab meat drained
- ☐ 0.5 teaspoon old bay seasoning
- ☐ 0.5 teaspoon worcestershire sauce
- ☐ 0.3 cup yogurt-based spread (such as Brummel & Brown)

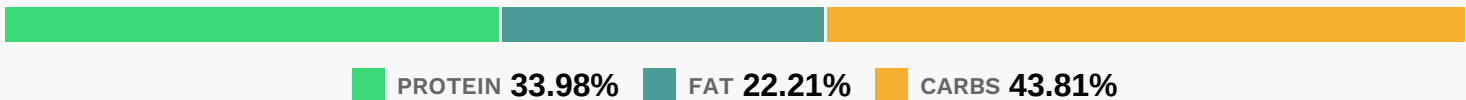
Equipment

- ☐ frying pan
- ☐ oven
- ☐ ramekin

Directions

- ☐ Preheat oven to 350
- ☐ Coat a large nonstick skillet with cooking spray, and place over medium-high heat.
- ☐ Add bell pepper, celery, and onions; saut 5 minutes or until vegetables are tender.
- ☐ Remove from heat.
- ☐ Stir in mayonnaise and next 8 ingredients. Gently stir in 3/4 cup breadcrumbs and crabmeat.
- ☐ Spoon crabmeat mixture evenly into 6 gratin dishes coated with cooking spray; top each with 2 tablespoons breadcrumbs. Coat breadcrumbs with cooking spray.
- ☐ Bake at 350 for 20 minutes or until bubbly and lightly browned.
- ☐ NOTE: If you don't have gratin dishes, use 6-ounce ramekins or custard cups.
- ☐ Bake at 350 for 28 minutes or until bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:36.83, Glycemic Load:0.42, Inflammation Score:-7, Nutrition Score:23.446086897798%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 224.15kcal (11.21%), Fat: 5.46g (8.41%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 24.24g (8.08%), Net Carbohydrates: 21.79g (7.92%), Sugar: 3.9g (4.34%), Cholesterol: 35.51mg (11.84%), Sodium: 1038.13mg (45.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.81g (37.61%), Vitamin B12: 6.95µg (115.81%), Vitamin K: 72.68µg (69.21%), Selenium: 37.61µg (53.72%), Copper: 0.81mg (40.45%), Vitamin C: 31.59mg (38.29%), Zinc: 5.14mg (34.26%), Phosphorus: 245.57mg (24.56%), Vitamin B1: 0.34mg (22.47%), Folate: 79.6µg (19.9%), Manganese: 0.39mg (19.34%), Magnesium: 61.26mg (15.31%), Vitamin B3: 2.91mg (14.57%), Iron: 2.37mg (13.18%), Calcium: 124.2mg (12.42%), Vitamin B6: 0.23mg (11.48%), Vitamin B2: 0.19mg (11.08%), Potassium: 355.2mg (10.15%), Vitamin A: 491.74IU (9.83%), Fiber: 2.45g (9.81%), Vitamin B5: 0.56mg (5.62%), Vitamin E: 0.53mg (3.52%)