



## Jalapeno and Crab Stuffed Shrimp

READY IN



77 min.

SERVINGS



4

CALORIES



616 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 stick plus 2 tablespoons butter unsalted
- 1 eggs divided lightly beaten
- 4 tablespoons cilantro leaves fresh divided chopped
- 1 clove garlic minced
- 2 tablespoons heavy cream
- 1 jalapeño seeded finely chopped
- 3 juice of lime divided juiced
- 2 lime zest divided
- 1 pint lump crab meat picked over for cartilage ( 2 cups

- 1 tablespoon olive oil
- 2 cups panko breadcrumbs divided
- 3 tablespoons onion red cold finely chopped ( )
- 4 servings salt and pepper black freshly ground
- 2 tablespoons seafood seasoning divided (recommended: Old Bay)
- 1 pound colossal shrimp deveined peeled ( 12 shrimp)

## Equipment

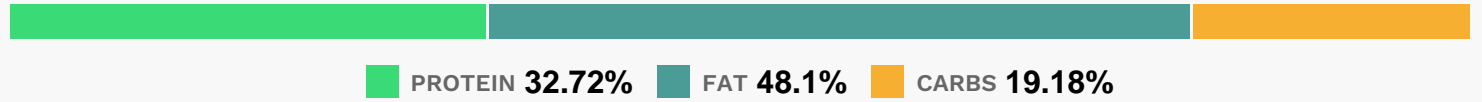
- bowl
- frying pan
- baking sheet
- oven

## Directions

- Preheat the oven to 350 degrees F. Prepare a baking sheet with nonstick spray.
- In a medium saute pan over medium heat, add the 2 tablespoons butter and olive oil. Next, add the red onions, jalapeno and garlic and saute about 5 minutes. Season with salt and pepper.
- Remove from the heat and let cool about 2 minutes.
- In a large bowl, add the heavy cream and 1 tablespoon seafood seasoning; stir to combine.
- Add 1 cup panko, the egg, 2 tablespoons cilantro, juice of 2 limes, zest of 1 lime and sprinkle with salt and pepper.
- Mix into the cooled vegetable mixture. Gently fold in the crab, being careful not to break up the lumps.
- Butterfly the shrimp by splitting them down the back from the center to the tail, being careful not to cut through. Stuff each shrimp with 2 heaping tablespoons of the crabmeat mixture.
- Place the stuffed shrimp onto a large plate and, when all are stuffed, put into the refrigerator about 20 minutes.
- While the shrimp are being refrigerated, melt the remaining 1 stick butter in a saute pan over medium-low heat.

- Add the remaining 1 cup panko and the remaining lime zest and juice.
- Add the remaining 1 tablespoon seafood seasoning, along with a pinch of salt, pepper and remaining 2 tablespoons cilantro. Stir together.
- Pull the shrimp from the refrigerator and top with 1 to 2 tablespoons seasoned panko on each individual shrimp.
- Place the shrimp onto a baking sheet and bake until are pink, about 20 minutes.

## Nutrition Facts



### Properties

Glycemic Index:58.75, Glycemic Load:1.11, Inflammation Score:-8, Nutrition Score:31.465652196304%

### Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 16.42mg, Hesperetin: 16.42mg, Hesperetin: 16.42mg, Hesperetin: 16.42mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

### Nutrients (% of daily need)

Calories: 616.27kcal (30.81%), Fat: 33.31g (51.24%), Saturated Fat: 17.74g (110.86%), Carbohydrates: 29.88g (9.96%), Net Carbohydrates: 27g (9.82%), Sugar: 3.62g (4.02%), Cholesterol: 342.39mg (114.13%), Sodium: 1545.24mg (67.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.97g (101.95%), Vitamin B12: 10.91µg (181.82%), Copper: 1.67mg (83.65%), Selenium: 54.97µg (78.53%), Zinc: 9.33mg (62.17%), Phosphorus: 601.33mg (60.13%), Vitamin C: 30.11mg (36.5%), Magnesium: 122.99mg (30.75%), Manganese: 0.54mg (27.08%), Folate: 100.81µg (25.2%), Vitamin B1: 0.38mg (25.06%), Calcium: 238.15mg (23.82%), Vitamin K: 24.88µg (23.69%), Iron: 3.94mg (21.91%), Vitamin A: 1050.13IU (21%), Potassium: 728.84mg (20.82%), Vitamin B3: 3.54mg (17.7%), Vitamin B6: 0.32mg (15.96%), Vitamin B2: 0.27mg (15.63%), Fiber: 2.88g (11.53%), Vitamin E: 1.66mg (11.04%), Vitamin B5: 0.93mg (9.27%), Vitamin D: 0.34µg (2.27%)