



## Mashed Potatoes with Crab Marinère

READY IN



45 min.

SERVINGS



8

CALORIES



438 kcal

SIDE DISH

### Ingredients

- 1 cup butter divided
- 0.3 cup cooking wine dry white
- 1 egg yolk beaten
- 3 tablespoons flour all-purpose
- 1 bunch green onions diced
- 0.3 teaspoon ground pepper red
- 1 pound lump crab meat fresh drained
- 2 cups milk
- 2.5 pounds new potatoes peeled quartered

- 0.5 teaspoon pepper
- 0.5 teaspoon salt
- 0.3 cup cup heavy whipping cream sour

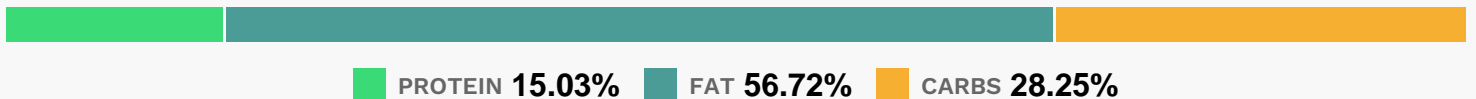
## Equipment

- frying pan
- hand mixer

## Directions

- Cook potato in boiling water to cover 20 minutes or until tender; drain. Beat potato at medium speed with an electric mixer until smooth. Stir in sour cream, 1/2 cup butter, 1/2 teaspoon salt, pepper, and, if desired, truffles. Keep warm.
- Melt remaining 1/2 cup butter in a skillet over medium-high heat; add green onions, and saut 2 minutes or until tender. Stir in flour; cook, stirring constantly, 5 minutes. Gradually stir in milk. Stir in salt, red pepper, and wine. Reduce heat, and cook, stirring occasionally, 10 minutes or until thickened.
- Stir 1 cup hot mixture into beaten egg yolk; stir into remaining hot mixture. Cook, stirring often, 5 minutes.
- Add crabmeat, tossing gently.
- Pipe or spoon potato mixture evenly into Potato Baskets, if desired; top evenly with crab sauce.
- Place in bell pepper cups, if desired.

## Nutrition Facts



## Properties

Glycemic Index:44.72, Glycemic Load:20.88, Inflammation Score:-7, Nutrition Score:21.053913012795%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg,

Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg  
Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 1.18mg, Kaempferol:  
1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin:  
1.32mg

## Nutrients (% of daily need)

Calories: 438.21kcal (21.91%), Fat: 27.47g (42.26%), Saturated Fat: 16.76g (104.73%), Carbohydrates: 30.78g  
(10.26%), Net Carbohydrates: 27.46g (9.99%), Sugar: 4.5g (4.99%), Cholesterol: 120.68mg (40.23%), Sodium:  
837.87mg (36.43%), Alcohol: 1.03g (100%), Alcohol %: 0.42% (100%), Protein: 16.38g (32.76%), Vitamin B12: 5.54µg  
(92.33%), Vitamin C: 32.57mg (39.48%), Selenium: 25.03µg (35.75%), Copper: 0.69mg (34.42%), Phosphorus:  
293.95mg (29.4%), Vitamin B6: 0.56mg (28.1%), Zinc: 4.18mg (27.88%), Potassium: 843.51mg (24.1%), Vitamin A:  
958.18IU (19.16%), Magnesium: 71.63mg (17.91%), Folate: 59.45µg (14.86%), Manganese: 0.29mg (14.72%), Calcium:  
139.31mg (13.93%), Vitamin B1: 0.2mg (13.55%), Fiber: 3.32g (13.28%), Vitamin B2: 0.21mg (12.12%), Vitamin B3: 2.4mg  
(12%), Vitamin K: 11.5µg (10.95%), Vitamin B5: 0.99mg (9.89%), Iron: 1.73mg (9.62%), Vitamin E: 0.83mg (5.51%),  
Vitamin D: 0.79µg (5.28%)