



Michele's Crab and Shrimp Imperial



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



8

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce crab meat drained canned
- 1 tablespoon tarragon dried
- 2 extra large eggs
- 0.8 cup mayonnaise
- 3 dashes pepper sauce hot
- 8 servings salt and pepper to taste
- 2 teaspoons seafood seasoning old bay® (such as)
- 2 pounds shrimp deveined peeled

1 tablespoon mustard yellow prepared

Equipment

food processor

bowl

oven

baking pan

Directions

Preheat oven to 350 degrees F (175 degrees C). Coat an 8x8 inch baking dish with nonstick cooking spray.

Place shrimp in the work bowl of a food processor; pulse until shrimp forms a thick paste.

Mix eggs, mayonnaise, mustard, hot pepper sauce, seafood seasoning, dried tarragon, and salt and pepper in a large bowl. Stir in shrimp; carefully fold in crab. Spoon into prepared baking dish.

Bake in preheated oven until lightly browned and heated through, about 30 minutes.

Nutrition Facts



PROTEIN 36.48% **FAT 60.46%** **CARBS 3.06%**

Properties

Glycemic Index:19, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:17.631739328737%

Nutrients (% of daily need)

Calories: 283.89kcal (14.19%), Fat: 18.66g (28.71%), Saturated Fat: 3.15g (19.68%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 1.92g (0.7%), Sugar: 0.21g (0.24%), Cholesterol: 245.03mg (81.68%), Sodium: 1250.56mg (54.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.34g (50.68%), Selenium: 57.3µg (81.86%), Vitamin B12: 2.82µg (47.08%), Phosphorus: 413.95mg (41.4%), Vitamin K: 38.8µg (36.95%), Copper: 0.58mg (28.91%), Vitamin E: 3.13mg (20.86%), Zinc: 2.99mg (19.96%), Vitamin B3: 3.3mg (16.5%), Vitamin B6: 0.3mg (15.17%), Folate: 54.08µg (13.52%), Calcium: 125.7mg (12.57%), Magnesium: 47.21mg (11.8%), Vitamin B5: 1.03mg (10.32%), Manganese: 0.18mg (9.1%), Potassium: 294.55mg (8.42%), Vitamin B2: 0.14mg (8.15%), Vitamin A: 345.52IU (6.91%), Iron: 1.23mg (6.84%), Vitamin B1: 0.05mg (3.15%), Vitamin D: 0.44µg (2.9%), Vitamin C: 1.94mg (2.35%)