



Puffing Crab

READY IN



50 min.

SERVINGS



6

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 1 pinch cayenne pepper
- 1 pound crab meat fresh
- 3 egg whites beaten
- 3 egg yolks beaten
- 2 tablespoons flour
- 0.5 cup mayonnaise (such as Hellman's®)
- 1 cup milk hot
- 1 dash paprika

- 6 servings salt and pepper to taste
- 0.3 teaspoon penzey's southwest seasoning old bay®

Equipment

- sauce pan
- oven
- whisk
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C). Butter a 1-1/2 quart baking dish.
- Melt butter in a saucepan over medium heat. Gradually whisk in flour and cook about 5 minutes (reduce heat if mixture begins to brown). Slowly whisk in the hot milk and heat until mixture reaches a low boil, stirring constantly.
- Remove from heat and allow to cool at least 5 minutes (otherwise eggs will cook when added to the mixture).
- Stir the beaten egg yolks into the cooled sauce. Blend in the mayonnaise.
- Add the crabmeat and season with salt, pepper, cayenne, and Old Bay® seasoning if using. Gently fold in the beaten egg whites.
- Pour into prepared baking dish. Dust with paprika.
- Bake until browned and puffy, about 20 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.17, Glycemic Load:2.16, Inflammation Score:-4, Nutrition Score:17.302608736183%

Nutrients (% of daily need)

Calories: 294.82kcal (14.74%), Fat: 21.95g (33.77%), Saturated Fat: 6.27g (39.22%), Carbohydrates: 4.51g (1.5%), Net Carbohydrates: 4.34g (1.58%), Sugar: 2.24g (2.49%), Cholesterol: 151.7mg (50.57%), Sodium: 1019.13mg (44.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.73g (37.45%), Vitamin B12: 7.24µg (120.71%), Selenium: 37.67µg (53.81%), Copper: 0.72mg (35.83%), Zinc: 4.93mg (32.89%), Vitamin K: 32.25µg (30.71%), Phosphorus: 252.13mg (25.21%), Folate: 53.16µg (13.29%), Vitamin B2: 0.22mg (13%), Magnesium: 45.47mg (11.37%), Calcium: 103.91mg (10.39%), Vitamin B6: 0.18mg (8.8%), Vitamin B5: 0.76mg (7.64%), Potassium: 260.35mg (7.44%), Vitamin A: 361.19IU (7.22%), Vitamin E: 1.02mg (6.81%), Vitamin D: 0.97µg (6.47%), Vitamin C: 5.31mg (6.44%), Vitamin B1: 0.09mg (6.26%), Vitamin B3: 1.05mg (5.27%), Iron: 0.94mg (5.23%), Manganese: 0.06mg (3.22%)