



Rachel's Crab Imperial

READY IN



35 min.

SERVINGS



10

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon butter melted
- 10 servings cayenne pepper to taste
- 1 pound crab meat cooked
- 1 eggs beaten
- 2 tablespoons flour all-purpose
- 0.5 bell pepper green minced
- 10 servings salt and ground pepper black to taste
- 1 tablespoon butter
- 2 cups milk

- 2 slices bread white crumbled fine
- 2 teaspoons worcestershire sauce

Equipment

- sauce pan
- oven
- whisk
- mixing bowl
- baking pan

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Butter a 9x9-inch baking dish.
- Melt the margarine in a large saucepan over medium heat. Stir in the flour, and cook a few minutes until the bubbles begin to subside.
- Whisk in the milk, and cook over medium-high heat until thickened. Stir in the crabmeat, Worcestershire sauce, green pepper, and beaten egg. Season to taste with salt, black pepper, and cayenne pepper. Cook, stirring constantly until quite thick. Spoon into the prepared baking dish.
- Place the breadcrumbs into a mixing bowl, and drizzle with the melted butter. Toss together until the breadcrumbs are evenly moistened with butter.
- Sprinkle the breadcrumbs evenly over the crab mixture.
- Bake in the preheated oven until the casserole has firmed and the bread crumbs are golden brown, 10 to 15 minutes.

Nutrition Facts

 **PROTEIN 39.55%**  **FAT 40.95%**  **CARBS 19.5%**

Properties

Glycemic Index:23.7, Glycemic Load:1.91, Inflammation Score:-7, Nutrition Score:10.590434727461%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 108.3kcal (5.41%), Fat: 4.96g (7.63%), Saturated Fat: 2.16g (13.53%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 4.6g (1.67%), Sugar: 2.85g (3.17%), Cholesterol: 69.23mg (23.08%), Sodium: 320.26mg (13.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.78g (21.56%), Selenium: 22.5µg (32.14%), Vitamin B12: 1.82µg (30.29%), Vitamin A: 1044.5IU (20.89%), Copper: 0.39mg (19.53%), Phosphorus: 174.68mg (17.47%), Zinc: 2.06mg (13.74%), Calcium: 110.39mg (11.04%), Vitamin E: 1.6mg (10.69%), Vitamin C: 7.97mg (9.66%), Vitamin B2: 0.16mg (9.45%), Vitamin B6: 0.17mg (8.58%), Vitamin B3: 1.62mg (8.08%), Folate: 31.04µg (7.76%), Potassium: 261.29mg (7.47%), Vitamin B5: 0.72mg (7.19%), Magnesium: 27.16mg (6.79%), Manganese: 0.11mg (5.44%), Vitamin B1: 0.06mg (4.29%), Vitamin D: 0.62µg (4.17%), Iron: 0.63mg (3.52%), Fiber: 0.72g (2.88%), Vitamin K: 2.63µg (2.51%)