



Sherried Crabmeat Pastries

READY IN



45 min.

SERVINGS



8

CALORIES



688 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 tablespoons cooking sherry dry
- ☐ 0.3 cup flour all-purpose
- ☐ 8 servings sage leaves fresh
- ☐ 5 dashes hot sauce
- ☐ 1 pound lump crab meat fresh drained
- ☐ 0.3 cup mayonnaise
- ☐ 0.8 cup milk
- ☐ 1 teaspoon old bay seasoning

- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 30 ounce piecrusts refrigerated
- ☐ 0.3 cup shallots chopped

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ rolling pin
- ☐ pizza cutter

Directions

- ☐ Cook shallots and red bell pepper in butter in a large skillet over medium-high heat until tender; whisk in flour. Cook 1 minute, whisking constantly. Gradually whisk in milk; cook, whisking constantly, until mixture is thickened and bubbly. Stir in crabmeat and next 5 ingredients.
- ☐ Remove from heat; set aside.
- ☐ Unfold 1 piecrust; cut crust in half.
- ☐ Working with half of 1 crust, place sage leaves on 1 side of pastry half; press sage into pastry with a rolling pin. Carefully turn dough over.
- ☐ Place 1/3 cup crabmeat mixture on half of crust side without sage leaves.
- ☐ Brush edges of pastry with water. Fold pastry over filling, and pinch to seal. Trim sealed edges with pastry wheel or pizza cutter.
- ☐ Place on baking sheet lined with parchment paper. Repeat procedure with remaining piecrust, sage, and crabmeat mixture.
- ☐ Bake at 425 for 20 minutes or until golden.

Nutrition Facts



 **PROTEIN 10.87%**  **FAT 55.25%**  **CARBS 33.88%**

Properties

Glycemic Index:40.25, Glycemic Load:2.98, Inflammation Score:-6, Nutrition Score:20.231304106505%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 687.58kcal (34.38%), Fat: 41.78g (64.28%), Saturated Fat: 14.85g (92.83%), Carbohydrates: 57.66g (19.22%), Net Carbohydrates: 54.49g (19.82%), Sugar: 1.98g (2.2%), Cholesterol: 49.83mg (16.61%), Sodium: 1025.86mg (44.6%), Alcohol: 0.39g (100%), Alcohol %: 0.22% (100%), Protein: 18.49g (36.99%), Vitamin B12: 5.25µg (87.52%), Selenium: 28.83µg (41.19%), Copper: 0.74mg (37.2%), Manganese: 0.59mg (29.31%), Folate: 112.21µg (28.05%), Zinc: 4.05mg (26.99%), Vitamin B1: 0.37mg (24.63%), Phosphorus: 238.75mg (23.87%), Vitamin K: 22.43µg (21.37%), Iron: 3.52mg (19.56%), Vitamin B3: 3.83mg (19.13%), Vitamin B2: 0.27mg (15.72%), Vitamin C: 10.6mg (12.85%), Magnesium: 50.92mg (12.73%), Fiber: 3.16g (12.64%), Vitamin B6: 0.2mg (9.97%), Vitamin A: 446.09IU (8.92%), Potassium: 301.77mg (8.62%), Calcium: 84.55mg (8.45%), Vitamin B5: 0.79mg (7.94%), Vitamin E: 1.03mg (6.89%), Vitamin D: 0.27µg (1.77%)