



Shrimp and Crab Stuffed Flounder

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4.5 ounce mushrooms drained sliced canned
- ☐ 0.3 cup chicken broth
- ☐ 21.5 ounce cream of mushroom soup canned
- ☐ 0.5 pound crab meat cooked
- ☐ 6 ounce fillets flounder
- ☐ 2 tablespoons parsley fresh minced
- ☐ 0.3 teaspoon ground pepper black

- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup cheddar cheese shredded
- ☐ 9 ounce shrimp drained canned
- ☐ 2 tablespoons water

Equipment

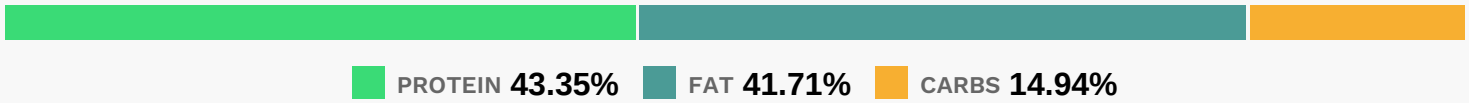
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 9x13 inch baking dish and set aside.
- ☐ In a saucepan over medium heat, melt butter and saute onion, shrimp, and mushrooms until onion is tender. Stir in crabmeat, salt, pepper, and paprika; heat through.
- ☐ Spoon the shrimp and crab mixture onto each flounder filet.
- ☐ Roll the filet up and fasten with toothpicks.
- ☐ Place rolled filets in prepared baking dish.
- ☐ In a small bowl, whisk together soup, chicken broth, and water until smooth.
- ☐ Pour over the filets.
- ☐ Sprinkle cheese over the top.
- ☐ Cover the baking dish with aluminum foil and bake in preheated oven for 30 minutes.
- ☐ Remove from oven and remove foil.

Sprinkle the parsley over the top of the filets. Return the dish to the oven and bake uncovered for an additional 5 minutes or until fish flakes easily with a fork.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:0.49, Inflammation Score:-4, Nutrition Score:11.652173819749%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 188.78kcal (9.44%), Fat: 8.76g (13.47%), Saturated Fat: 4.72g (29.52%), Carbohydrates: 7.05g (2.35%), Net Carbohydrates: 6.11g (2.22%), Sugar: 1.31g (1.46%), Cholesterol: 109.36mg (36.45%), Sodium: 1090.1mg (47.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.48g (40.95%), Selenium: 21.32µg (30.46%), Copper: 0.57mg (28.26%), Phosphorus: 271.82mg (27.18%), Vitamin B12: 1.41µg (23.57%), Zinc: 2.93mg (19.55%), Vitamin K: 17.21µg (16.39%), Manganese: 0.32mg (15.95%), Calcium: 129.89mg (12.99%), Potassium: 355.09mg (10.15%), Vitamin B3: 2.01mg (10.06%), Magnesium: 38.39mg (9.6%), Vitamin B2: 0.14mg (7.97%), Folate: 30.21µg (7.55%), Vitamin B6: 0.14mg (6.91%), Vitamin B5: 0.67mg (6.71%), Iron: 1.15mg (6.4%), Vitamin A: 305.36IU (6.11%), Vitamin E: 0.84mg (5.62%), Vitamin D: 0.68µg (4.56%), Vitamin C: 3.75mg (4.54%), Fiber: 0.95g (3.78%), Vitamin B1: 0.06mg (3.69%)