



The Best Crab Casserole

READY IN

ready

28 min.

SERVINGS

servings

6

CALORIES

calories

488 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup bread crumbs soft
- ☐ 6.5 ounce crab meat drained canned
- ☐ 0.3 cup parsley leaves fresh chopped
- ☐ 0.8 cup half-and-half
- ☐ 6 hardboiled eggs diced
- ☐ 1 cup mayonnaise
- ☐ 1 slices olive for garnish
- ☐ 1 cup onion chopped
- ☐ 1 pinch pepper

- ☐ 0.3 cup stuffed olives green sliced for garnish
- ☐ 0.8 teaspoon salt

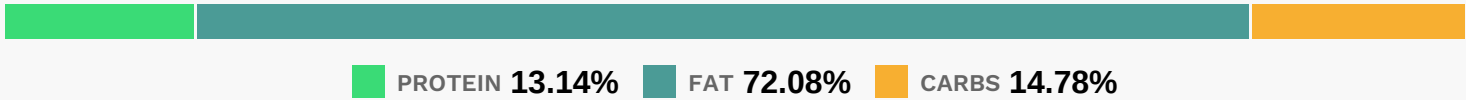
Equipment

- ☐ bowl
- ☐ oven
- ☐ ramekin
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ In a large bowl, break the crabmeat in chunks.
- ☐ Add the mayonnaise, 1 cup soft bread crumbs, half-and-half, eggs, onion, olives, parsley, salt, and pepper, and fold together. Divide the mixture among greased individual ramekins or spoon it into a 1 quart casserole dish. Top with the buttered crumbs and bake for 20 to 25 minutes.
- ☐ Garnish with olive slices.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.68, Inflammation Score:-6, Nutrition Score:18.674782815187%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 487.59kcal (24.38%), Fat: 38.82g (59.73%), Saturated Fat: 8.54g (53.37%), Carbohydrates: 17.91g (5.97%), Net Carbohydrates: 16.37g (5.95%), Sugar: 4.32g (4.8%), Cholesterol: 242.56mg (80.85%), Sodium: 1005.69mg (43.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.92g (31.85%), Vitamin K: 103.89µg (98.94%), Selenium: 35.13µg (50.18%), Vitamin B12: 1.74µg (29.05%), Vitamin B2: 0.43mg (25.5%), Phosphorus: 233.58mg (23.36%), Vitamin E: 2.64mg (17.6%), Folate: 68.74µg (17.19%), Copper: 0.33mg (16.69%), Vitamin B1: 0.24mg (16.17%), Zinc: 2.21mg (14.7%), Calcium: 134.09mg (13.41%), Vitamin B5: 1.3mg (13.01%), Vitamin A: 625.95IU (12.52%), Manganese: 0.25mg (12.27%), Vitamin B3: 2.18mg (10.91%), Iron: 1.96mg (10.86%), Vitamin B6: 0.18mg (9.22%), Potassium: 280.72mg (8.02%), Vitamin C: 6.58mg (7.98%), Magnesium: 31.78mg (7.95%), Vitamin D: 1.17µg (7.83%), Fiber: 1.54g (6.16%)