

# Crab Imperial

Wakulla Springs Lodge - Wakulla Springs, FL  
The Great Country Inns of America Cookbook (2nd ed) (1992)

## Servings: 4

1 pound fresh crabmeat, picked over  
1/4 teaspoon salt  
2 dashes Worcestershire sauce  
1/2 teaspoon granulated garlic  
2 stalks celery, minced  
1/3 cup mayonnaise  
1 teaspoon fresh lemon juice  
1/4 teaspoon Accent® seasoning  
butter  
Parmesan cheese, grated  
cracker crumbs

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Preheat the oven to 350 degrees.

Butter a casserole dish.

In a bowl, combine the crabmeat, salt, Worcestershire, garlic, celery, mayonnaise, lemon juice, Accent and butter. Mix well. Let sit for one hour.

Place the mixture into the casserole dish. Top with the cracker crumbs and Parmesan cheese.

Bake for 20 minutes.

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Per Serving (excluding unknown items): 135 Calories; 15g Fat (95.7% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 6mg Cholesterol; 257mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Seafood

## Per Serving Nutritional Analysis

Calories (kcal):	135
% Calories from Fat:	95.7%
% Calories from Carbohydrates:	3.2%
% Calories from Protein:	1.2%
Total Fat (g):	15g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	8g
Cholesterol (mg):	6mg
Carbohydrate (g):	1g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	7mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

## Food Exchanges

<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	trace	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	257mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	72mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	13mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	trace	<b>Fat:</b>	1 1/2
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	3mg		
<b>Vitamin A (i.u.):</b>	78IU		
<b>Vitamin A (r.e.):</b>	13RE		

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 135 Calories from Fat: 129

### % Daily Values\*

<b>Total Fat</b>	15g	24%
Saturated Fat	2g	11%
<b>Cholesterol</b>	6mg	2%
<b>Sodium</b>	257mg	11%
<b>Total Carbohydrates</b>	1g	0%
Dietary Fiber	trace	1%
<b>Protein</b>	trace	

<b>Vitamin A</b>	2%
<b>Vitamin C</b>	4%
<b>Calcium</b>	1%
<b>Iron</b>	1%

\* Percent Daily Values are based on a 2000 calorie diet.