

Pineapple-Crab Imperial

Southern Living - 1984 Annual Recipes

Servings: 6

1 pound fresh crabmeat, drained and flaked

1/4 cup mayonnaise

3 tablespoons celery, finely chopped

1 tablespoon pimiento, chopped

2 teaspoons fresh parsley, chopped

1/2 teaspoon prepared mustard

1/4 teaspoon salt

3 to 4 drops hot sauce

6 slices pineapple, drained

3/4 cup corn flake crumbs, divided

pimiento strips (for garnish)

sliced pimiento-stuffed olives (for garnish)

In a large bowl, combine the crabmeat, mayonnaise, celery, pimiento, parsley, mustard, salt and hot sauce. Mix well.

Dredge both sides of each pineapple slice in 1/2 cup of the corn flake crumbs. Arrange in a lightly greased 10x6x2-inch baking dish.

Place a rounded scoop of crab mixture on top of each pineapple slice.

Sprinkle with the remaining 1/4 cup of corn flake crumbs.

Microwave, uncovered, on HIGH for 5 to 6 minutes.

Garnish with pimiento strips and olive slices.

Per Serving (excluding unknown items): 311 Calories; 10g Fat (26.7% calories from fat); 3g Protein; 61g Carbohydrate; 7g Dietary Fiber; 3mg Cholesterol; 3141mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 4 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	311	Vitamin B6 (mg):	.6mg
% Calories from Fat:	26.7%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	70.3%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	3.0%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	10g	Folacin (mcg):	59mcg
Saturated Fat (g):	1g	Niacin (mg):	2mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	5g
Cholesterol (mg):	3mg
Carbohydrate (g):	61g
Dietary Fiber (g):	7g
Protein (g):	3g
Sodium (mg):	3141mg
Potassium (mg):	714mg
Calcium (mg):	47mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	158mg
Vitamin A (i.u.):	516IU
Vitamin A (r.e.):	52 1/2RE

Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	4
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	311	Calories from Fat: 83
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% Daily Values*

Total Fat	10g	16%
Saturated Fat	1g	6%
Cholesterol	3mg	1%
Sodium	3141mg	131%
Total Carbohydrates	61g	20%
Dietary Fiber	7g	28%
Protein	3g	
Vitamin A		10%
Vitamin C		264%
Calcium		5%
Iron		13%

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