

Stuffed Crab

Mrs. B. W. Flanagan Sr

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 8

4 strips bacon
1 medium onion
3 ribs celery
3 slices bread
1 3/4 cups bread crumbs
1 cup water
1 pound crabmeat
3 green onions and tops
10 sprigs parsley
1 clove garlic
3 eggs, well beaten
1 tablespoon salt
1 scant teaspoon black pepper
1/2 teaspoon red pepper (or to taste)
bread crumbs (for topping)

Preheat the oven to 350 degrees.

Grind the bacon, onion and celery. Brown in a large skillet.

Add the bread and bread crumbs moistened with water. Add the crabmeat and cook over a low fire.

Grind the green onions, parsley and garlic. Add to the beaten eggs. Add the salt, black pepper and red pepper. Pour the mixture into the crabmeat mixture. Mix thoroughly.

Spoon into crab shells or ramekins. (May also be baked as a casserole.) Sprinkle lightly with bread crumbs. Top with a dot of butter.

Bake for 30 minutes or until golden brown.

Per Serving (excluding unknown items): 251 Calories; 6g Fat (22.4% calories from fat); 20g Protein; 29g Carbohydrate; 4g Dietary Fiber; 127mg Cholesterol; 1353mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	251	Vitamin B6 (mg):	.2mg
% Calories from Fat:	22.4%	Vitamin B12 (mcg):	5.4mcg
% Calories from Carbohydrates:	46.0%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	31.5%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	6g	Folacin (mcg):	184mcg

Saturated Fat (g): 2g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 127mg
Carbohydrate (g): 29g
Dietary Fiber (g): 4g
Protein (g): 20g
Sodium (mg): 1353mg
Potassium (mg): 782mg
Calcium (mg): 247mg
Iron (mg): 8mg
Zinc (mg): 4mg
Vitamin C (mg): 105mg
Vitamin A (i.u.): 4016IU
Vitamin A (r.e.): 419 1/2RE

Niacin (mg): 5mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 251 **Calories from Fat:** 56

% Daily Values*

Total Fat 6g	10%
Saturated Fat 2g	9%
Cholesterol 127mg	42%
Sodium 1353mg	56%
Total Carbohydrates 29g	10%
Dietary Fiber 4g	16%
Protein 20g	
Vitamin A	80%
Vitamin C	175%
Calcium	25%
Iron	42%

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