

# Gourmet Seashore Delight

*Peg Woodburn*

*Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio*

*1/2 pound lobster meat  
1/2 pound cooked shrimp  
1/2 pound crabmeat  
1 tablespoon onion, minced  
1/4 cup butter or margarine  
3 tablespoons butter or margarine  
3 tablespoons all-purpose flour  
1 1/2 cups milk  
2 teaspoons prepared mustard  
1 tablespoon Worcestershire sauce  
1 tablespoon onion, minced  
dash hot pepper sauce  
salt (to taste)  
pepper (to taste)  
2 tablespoons dry or cream sherry  
breadcrumbs (as desired)  
Parmesan cheese (as desired)*

Preheat the oven to 400 degrees.

In a medium-sized skillet in 1/4 cup of melted butter, saute' the lobster, shrimp, crabmeat and onion. Set aside.

In a large saucepan, melt three tablespoons of butter. Stir in the flour. Gradually add the milk, stirring until smooth. Cook over medium heat until thickened.

Fold the seafood mixture into the sauce. Add the mustard, Worcestershire sauce, one tablespoon of onion, hot pepper sauce, salt, pepper and sherry.

Place the mixture into a 2-1/2 quart buttered casserole. Garnish with the desired amount of breadcrumbs and cheese.

Bake for 15 minutes.

Per Serving (excluding unknown items): 1675 Calories; 100g Fat (54.5% calories from fat); 147g Protein; 41g Carbohydrate; 1g Dietary Fiber; 1102mg Cholesterol; 3118mg Sodium. Exchanges: 1 Grain(Starch); 18 Lean Meat; 1/2 Vegetable; 1 1/2 Non-Fat Milk; 18 1/2 Fat; 0 Other Carbohydrates.

## Seafood

### Per Serving Nutritional Analysis

Calories (kcal):	1675	Vitamin B6 (mg):	.9mg
% Calories from Fat:	54.5%	Vitamin B12 (mcg):	27.2mcg
% Calories from Carbohydrates:	10.0%	Thiamin B1 (mg):	.5mg

% Calories from Protein: 35.6%  
 Total Fat (g): 100g  
 Saturated Fat (g): 59g  
 Monounsaturated Fat (g): 28g  
 Polyunsaturated Fat (g): 6g  
 Cholesterol (mg): 1102mg  
 Carbohydrate (g): 41g  
 Dietary Fiber (g): 1g  
 Protein (g): 147g  
 Sodium (mg): 3118mg  
 Potassium (mg): 2554mg  
 Calcium (mg): 892mg  
 Iron (mg): 12mg  
 Zinc (mg): 20mg  
 Vitamin C (mg): 43mg  
 Vitamin A (i.u.): 4181IU  
 Vitamin A (r.e.): 1097RE

Riboflavin B2 (mg): .9mg  
 Folic Acid (mcg): 190mcg  
 Niacin (mg): 17mg  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 0  
 % Daily Value

## Food Exchanges

Grain (Starch): 1  
 Lean Meat: 18  
 Vegetable: 1/2  
 Fruit: 0  
 Non-Fat Milk: 1 1/2  
 Fat: 18 1/2  
 Other Carbohydrates: 0

## Nutrition Facts

### Amount Per Serving

Calories 1675      Calories from Fat: 912

### % Daily Values\*

<b>Total Fat</b>	100g	154%
Saturated Fat	59g	296%
<b>Cholesterol</b>	1102mg	367%
<b>Sodium</b>	3118mg	130%
<b>Total Carbohydrates</b>	41g	14%
Dietary Fiber	1g	5%
<b>Protein</b>	147g	
<b>Vitamin A</b>		84%
<b>Vitamin C</b>		72%
<b>Calcium</b>		89%
<b>Iron</b>		66%

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