

Seafood Bake

Sue Polacek

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

Servings: 4

1 can (10-1/2 ounce) cream of celery soup
1/4 cup milk
1 egg, beaten
1/4 cup Parmesan cheese, grated
1 package (7-1/2 ounce) frozen or fresh crabmeat, drained and flaked with cartilage removed
1 can (4-1/4 ounce) shrimp, drained
1 can (3 ounce) sliced mushrooms, drained
3 tablespoons fine dry breadcrumbs
1 tablespoon butter, melted
4 pastry shells
parsley (for garnish)
lemon twists (for garnish)

Preheat the oven to 375 degrees.

In a medium saucepan, combine the soup, milk, egg and one-half of the grated cheese. Stir over low heat until the cheese is melted and the mixture is hot. Stir in the crabmeat, shrimp and mushrooms.

Spoon into the baking shells. Place the shells on a cookie sheet.

In a bowl, mix the breadcrumbs with the remaining cheese. Stir into the melted butter. Sprinkle the crumbs over the shells.

Bake for 20 minutes.

Garnish with parsley or lemon twists.

Per Serving (excluding unknown items): 106 Calories; 7g Fat (55.7% calories from fat); 4g Protein; 8g Carbohydrate; 1g Dietary Fiber; 20mg Cholesterol; 414mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	106
% Calories from Fat:	55.7%
% Calories from Carbohydrates:	28.3%
% Calories from Protein:	16.1%
Total Fat (g):	7g
Saturated Fat (g):	3g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	7mcg
Niacin (mg):	1mg

Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 20mg
Carbohydrate (g): 8g
Dietary Fiber (g): 1g
Protein (g): 4g
Sodium (mg): 414mg
Potassium (mg): 139mg
Calcium (mg): 111mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 242IU
Vitamin A (r.e.): 52RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 106 Calories from Fat: 59

% Daily Values*

Total Fat	7g	10%
Saturated Fat	3g	17%
Cholesterol	20mg	7%
Sodium	414mg	17%
Total Carbohydrates	8g	3%
Dietary Fiber	1g	2%
Protein	4g	
Vitamin A		5%
Vitamin C		1%
Calcium		11%
Iron		4%

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