

Deluxe Crab Imperial

Susan McEwen McIntosh
"Southern Living" Cooking Light - 1983

Servings: 6

1 pound fresh crabmeat, drained and flaked
1 egg, beaten
1/2 cup reduced-calorie mayonnaise
2 tablespoons skim milk
2 tablespoons capers
1/4 teaspoon pepper
vegetable cooking spray
3 tablespoons Parmesan cheese, grated

Preheat the oven to 350 degrees.

In a bowl, combine all of the ingredients except the cooking spray and cheese. Stir gently until well mixed.

Coat six crab shells or custard cups with cooking spray. Spoon the mixture evenly into the shells. Sprinkle with cheese.

Place the crab shells on a baking sheet.

Bake for 25 to 30 minutes.

Per Serving (excluding unknown items): 79 Calories; 7g Fat (79.6% calories from fat); 2g Protein; 2g Carbohydrate; trace Dietary Fiber; 44mg Cholesterol; 181mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	79
% Calories from Fat:	79.6%
% Calories from Carbohydrates:	8.9%
% Calories from Protein:	11.5%
Total Fat (g):	7g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	44mg
Carbohydrate (g):	2g
	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	5mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	n n%

Food Exchanges

0
1

Dietary Fiber (g):
Protein (g): 2g
Sodium (mg): 181mg
Potassium (mg): 26mg
Calcium (mg): 45mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 71IU
Vitamin A (r.e.): 21RE

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 79 Calories from Fat: 63

% Daily Values*

Total Fat	7g	11%
Saturated Fat	1g	7%
Cholesterol	44mg	15%
Sodium	181mg	8%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	0%
Protein	2g	

Vitamin A	1%
Vitamin C	0%
Calcium	5%
Iron	1%

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