

Deviled Crab

Susan McEwen McIntosh
"Southern Living" Cooking Light - 1983

Servings: 6

vegetable cooking spray
1 teaspoon reduced-calorie margarine
1 cup celery, chopped
1/2 cup onion, finely chopped
1 pound fresh crabmeat, drained and flaked
1 cup whole wheat bread, diced
1 egg, beaten
3 tablespoons fresh parsley, chopped
2 tablespoons dry sherry
1 teaspoon dried whole thyme
1/2 teaspoon pepper

Preheat the oven to 350 degrees.

Coat a large skillet with cooking spray. Add the margarine. Place the skillet over medium heat until the margarine is melted.

Add the celery and onion. Saute' for 5 minutes or until tender. Remove from the heat.

Stir in the remaining ingredients, mixing well.

Divide the mixture evenly into six crab shells or ramekins coated with cooking spray. Place on a baking sheet.

Bake for 20 to 25 minutes.

Per Serving (excluding unknown items): 128 Calories; 3g Fat (20.0% calories from fat); 5g Protein; 21g Carbohydrate; 3g Dietary Fiber; 35mg Cholesterol; 247mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	128	Vitamin B6 (mg):	.1mg
% Calories from Fat:	20.0%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	63.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	16.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	3g	Folacin (mcg):	35mcg
Saturated Fat (g):	1g	Niacin (mg):	2mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	6

Cholesterol (mg):	35mg
Carbohydrate (g):	21g
Dietary Fiber (g):	3g
Protein (g):	5g
Sodium (mg):	247mg
Potassium (mg):	206mg
Calcium (mg):	52mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	203IU
Vitamin A (r.e.):	31 1/2RE

% Daily Values 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 128 Calories from Fat: 26

% Daily Values*

Total Fat 3g	4%
Saturated Fat 1g	3%
Cholesterol 35mg	12%
Sodium 247mg	10%
Total Carbohydrates 21g	7%
Dietary Fiber 3g	14%
Protein 5g	
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Vitamin A	4%
Vitamin C	8%
Calcium	5%
Iron	11%

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