

Baked Crab and Shrimp

Mrs. Cheney C. Joseph, Jr

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

Servings: 4

1 pound lump crabmeat
1 pound medium shrimp, peeled and cooked
1/2 cup green pepper, chopped
1/2 cup green onions, chopped
1/2 cup celery, chopped
1 cup mayonnaise
3 tablespoons Worcestershire sauce
1 tablespoon Tabasco sauce
4 tablespoons lemon juice
battered bread crumbs

Preheat the oven to 350 degrees.

In a bowl, combine the crabmeat, shrimp, green pepper, green onion, celery, mayonnaise, Worcestershire, Tabasco and lemon juice. Pour the mixture into a 1-1/2 quart casserole or six buttered seafood shells. Top with bread crumbs.

Bake for 25 to 30 minutes or until bubbly hot.

(The dish may be made early in the day and cooked at the last minute.)

Per Serving (excluding unknown items): 638 Calories; 50g Fat (68.4% calories from fat); 45g Protein; 7g Carbohydrate; 1g Dietary Fiber; 280mg Cholesterol; 955mg Sodium. Exchanges: 6 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	638
% Calories from Fat:	68.4%
% Calories from Carbohydrates:	4.3%
% Calories from Protein:	27.3%
Total Fat (g):	50g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	13g
Polyunsaturated Fat (g):	24g
Cholesterol (mg):	280mg
Carbohydrate (g):	7g
Dietary Fiber (g):	1g
	45g

Vitamin B6 (mg):	.6mg
Vitamin B12 (mcg):	11.5mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	76mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

Grain (Starch):	0
	6
	1

Protein (g):
Sodium (mg): 955mg
Potassium (mg): 822mg
Calcium (mg): 200mg
Iron (mg): 5mg
Zinc (mg): 5mg
Vitamin C (mg): 55mg
Vitamin A (i.u.): 586IU
Vitamin A (r.e.): 119RE

Lean Meat:
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 4
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 638 Calories from Fat: 436

% Daily Values*

Total Fat	50g	77%
Saturated Fat	7g	35%
Cholesterol	280mg	93%
Sodium	955mg	40%
Total Carbohydrates	7g	2%
Dietary Fiber	1g	4%
Protein	45g	

Vitamin A	12%
Vitamin C	92%
Calcium	20%
Iron	27%

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