

Mushrooms Stuffed with Crab Imperial

Blue Coat Inn - Dover, DE

The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 5

*1 pound Maryland backfin crabmeat
2 tablespoons onions, finely sliced
2 tablespoons green bell pepper, finely
diced
2 eggs
4 tablespoons butter
1 pound fresh breadcrumbs or 1
pound diced bread
salt (to taste)
freshly ground pepper (to taste)
Worcestershire sauce (to taste)
15 large whole mushrooms
4 tablespoons mayonnaise*

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Preheat the oven to 350 degrees.

In a bowl, mix together the crabmeat, onions, green pepper, one of the eggs, butter and bread crumbs. Add the salt, pepper and Worcestershire sauce.

Stuff the mushrooms with the crab filling. Place in a buttered baking dish.

In a bowl, mix the other egg with the mayonnaise. Pour over the top of the stuffed mushrooms.

Bake for 20 minutes.

Per Serving (excluding unknown items): 192 Calories; 21g Fat (92.9% calories from fat); 3g Protein; 1g Carbohydrate; trace Dietary Fiber; 113mg Cholesterol; 184mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 3 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	192
% Calories from Fat:	92.9%
% Calories from Carbohydrates:	1.5%
% Calories from Protein:	5.6%
Total Fat (g):	21g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	5g
	113mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	12mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Cholesterol (mg):
 Carbohydrate (g): 1g
 Dietary Fiber (g): trace
 Protein (g): 3g
 Sodium (mg): 184mg
 Potassium (mg): 46mg
 Calcium (mg): 16mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 4mg
 Vitamin A (i.u.): 499IU
 Vitamin A (r.e.): 122 1/2RE

Food Exchanges

Grain (Starch): 0
 Lean Meat: 1/2
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 3
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 5

Amount Per Serving

Calories 192 **Calories from Fat:** 179

% Daily Values*

Total Fat 21g 32%
 Saturated Fat 8g 38%
Cholesterol 113mg 38%
Sodium 184mg 8%
Total Carbohydrates 1g 0%
 Dietary Fiber trace 1%
Protein 3g

Vitamin A 10%
Vitamin C 6%
Calcium 2%
Iron 3%

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