

# Seafood Casserole II

*Alice V. Cinader*

*Gourmet Eating in South Carolina - (1985)*

*1 pound crabmeat  
1 pound shrimp, cooked, peeled and  
chopped  
butter or margarine (for saute'ing)  
1/2 cup water chestnuts, diced  
1/2 cup celery, diced  
1 onion, diced  
1 can mushroom stems and pieces  
1 can mushroom soup  
1/2 cup milk  
1 tablespoon ketchup  
1 tablespoon Worcestershire sauce  
1 teaspoon seafood seasoning  
1 stick margarine  
1/2 cup bread crumbs  
1 package stuffing mix*

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Preheat the oven to 350 degrees.

In a saucepan, saute' the celery, water chestnuts, onion and mushrooms in butter or margarine. Add the ketchup, Worcestershire sauce, and seafood seasoning. Stir well. Set aside.

In a saucepan, melt the stick of butter. Add the package of stuffing mix. Stir well.

In a saucepan, heat the mushroom soup and milk. Blend together.

Sprinkle a layer of stuffing mix over the bottom of a medium-size casserole dish. Place a layer of crabmeat and shrimp over the stuffing. Layer one-half of the saute'd vegetables over the crabmeat. Pour half of the soup mixture over the vegetables. Repeat the stuffing, crabmeat, vegetable and soup layers. Sprinkle the bread crumbs on top.

Bake for one hour.

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Per Serving (excluding unknown items): 2202 Calories; 120g Fat (49.8% calories from fat); 191g Protein; 81g Carbohydrate; 6g Dietary Fiber; 1063mg Cholesterol; 4858mg Sodium. Exchanges: 3 Grain(Starch); 24 Lean Meat; 2 1/2 Vegetable; 1/2 Non-Fat Milk; 21 Fat; 1/2 Other Carbohydrates.

Seafood

**Per Serving Nutritional Analysis**

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|                                |            |
|--------------------------------|------------|
| % Calories from Fat:           | 49.8%      |
| % Calories from Carbohydrates: | 14.9%      |
| % Calories from Protein:       | 35.3%      |
| Total Fat (g):                 | 120g       |
| Saturated Fat (g):             | 23g        |
| Monounsaturated Fat (g):       | 50g        |
| Polyunsaturated Fat (g):       | 37g        |
| Cholesterol (mg):              | 1063mg     |
| Carbohydrate (g):              | 81g        |
| Dietary Fiber (g):             | 6g         |
| Protein (g):                   | 191g       |
| Sodium (mg):                   | 4858mg     |
| Potassium (mg):                | 3582mg     |
| Calcium (mg):                  | 1057mg     |
| Iron (mg):                     | 20mg       |
| Zinc (mg):                     | 23mg       |
| Vitamin C (mg):                | 68mg       |
| Vitamin A (i.u.):              | 5278IU     |
| Vitamin A (r.e.):              | 1231 1/2RE |

|                     |         |
|---------------------|---------|
| Vitamin B12 (mcg):  | 46.0mcg |
| Thiamin B1 (mg):    | 1.0mg   |
| Riboflavin B2 (mg): | 1.1mg   |
| Folacin (mcg):      | 339mcg  |
| Niacin (mg):        | 32mg    |
| Caffeine (mg):      | 0mg     |
| Alcohol (kcal):     | 0       |
| % Refuse:           | 0.0%    |

## Food Exchanges

|                      |       |
|----------------------|-------|
| Grain (Starch):      | 3     |
| Lean Meat:           | 24    |
| Vegetable:           | 2 1/2 |
| Fruit:               | 0     |
| Non-Fat Milk:        | 1/2   |
| Fat:                 | 21    |
| Other Carbohydrates: | 1/2   |

## Nutrition Facts

### Amount Per Serving

|                 |      |                         |
|-----------------|------|-------------------------|
| <b>Calories</b> | 2202 | Calories from Fat: 1097 |
|-----------------|------|-------------------------|

### % Daily Values\*

|                            |        |      |
|----------------------------|--------|------|
| <b>Total Fat</b>           | 120g   | 185% |
| Saturated Fat              | 23g    | 116% |
| <b>Cholesterol</b>         | 1063mg | 354% |
| <b>Sodium</b>              | 4858mg | 202% |
| <b>Total Carbohydrates</b> | 81g    | 27%  |
| Dietary Fiber              | 6g     | 23%  |
| <b>Protein</b>             | 191g   |      |

|                  |      |
|------------------|------|
| <b>Vitamin A</b> | 106% |
| <b>Vitamin C</b> | 113% |
| <b>Calcium</b>   | 106% |
| <b>Iron</b>      | 112% |

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