

Seafood Stuffed Eggplant

Mrs. J. Garner Moore

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

Servings: 4

2 medium eggplants
1 large onion, chopped
4 tablespoons butter or margarine, melted
2 cans (4-1/2 ounce ea) small river shrimp OR one pound fresh river shrimp
1 pound lump crabmeat
1 1/2 cups seasoned bread crumbs
2 eggs, well beaten
1 teaspoon monosodium glutamate
1 teaspoon crumbled oregano
2 tablespoons parsley, chopped
1/2 teaspoon salt
1/4 teaspoon black pepper
3 dashes tabasco sauce
1 tablespoon butter or margarine
paprika

Preheat the oven to 350 degrees.

Slice the eggplants in half and parboil about 10 minutes. Remove from the water. Drain. Cool slightly and scoop the centers out of each half of eggplant. Place the eggplant pulp in a large mixing bowl. Set aside.

Saute' the onion in butter and add to the pulp. Add the prepared shrimp and crabmeat, one cup of bread crumbs, beaten eggs, monosodium glutamate, oregano, parsley, salt, pepper and Tabasco sauce. Mix well.

Fill each eggplant shell. Arrange the filled eggplant shells in a shallow baking dish filled with 1/4 cup of water. Top each eggplant with the remaining 1/2 cup of bread crumbs. Dot with butter and sprinkle with paprika.

Bake for 35 to 45 minutes or until the top is brown.

Serve with French bread and a green salad.

(This dish freezes well.)

Per Serving (excluding unknown items): 499 Calories; 20g Fat (35.3% calories from fat); 33g Protein; 48g Carbohydrate; 8g Dietary Fiber; 234mg Cholesterol; 2134mg Sodium. Exchanges: 2 Grain(Starch); 3 Lean Meat; 3 Vegetable; 3 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	499	Vitamin B6 (mg):	.5mg
% Calories from Fat:	35.3%	Vitamin B12 (mcg):	10.6mcg
% Calories from Carbohydrates:	38.5%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	26.2%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	20g	Folacin (mcg):	123mcg
Saturated Fat (g):	10g	Niacin (mg):	6mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	234mg	% Refuse:	n n%
Carbohydrate (g):	48g	Food Exchanges	
Dietary Fiber (g):	8g	Grain (Starch):	2
Protein (g):	33g	Lean Meat:	3
Sodium (mg):	2134mg	Vegetable:	3
Potassium (mg):	1085mg	Fruit:	0
Calcium (mg):	189mg	Non-Fat Milk:	0
Iron (mg):	4mg	Fat:	3 1/2
Zinc (mg):	5mg	Other Carbohydrates:	0
Vitamin C (mg):	12mg		
Vitamin A (i.u.):	969IU		
Vitamin A (r.e.):	201RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 499 **Calories from Fat:** 176

% Daily Values*

Total Fat 20g	30%
Saturated Fat 10g	52%
Cholesterol 234mg	78%
Sodium 2134mg	89%
Total Carbohydrates 48g	16%
Dietary Fiber 8g	33%
Protein 33g	
Vitamin A	19%
Vitamin C	20%
Calcium	19%
Iron	20%

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