

# Christmas Seafood Casserole

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-eve-scallop-recipe>

## Ingredients:

- 3 tablespoons butter
- 1 cup onions chopped
- 1 1/2 cups chopped celery
- 2 1/2 cups milk
- 6 tablespoons all-purpose flour
- 1 1/2 teaspoons butter
- 4 ounces cheddar cheese sliced
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 pound crabmeat
- 1/4 pound lobster meat
- 1/4 pound medium shrimp
- 1/4 pound scallops

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 175 milligrams
4. Fat: 25 grams
5. Fiber: 2 grams
6. Protein: 38 grams
7. SaturatedFat: 14 grams
8. Sodium: 940 milligrams
9. Sugar: 12 grams

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