

Crab Stuffed Salmon

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/crab-stuffed-deviled-eggs-recipes>

Ingredients:

- 4 salmon fillets each fillet should weigh about 5 to 6 ounces
- salt
- fresh ground black pepper
- 8 ounces crab meat drained well and finely chopped
- 4 ounces cream cheese softened
- 1/4 cup bell peppers diced, red, green, or yellow peppers
- 4 cloves garlic minced
- 1 whole egg lightly beaten
- 2 tablespoons chopped fresh parsley
- 1 teaspoon Old Bay Seasoning
- 2 tablespoons panko bread crumbs
- cooking spray unchecked?, for topping
- chopped fresh parsley unchecked?, for garnish, optional

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 190 milligrams
4. Fat: 26 grams
5. Protein: 37 grams
6. SaturatedFat: 9 grams
7. Sodium: 560 milligrams
8. Sugar: 1 grams

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