

Crab Crusted Grouper

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-grouper-recipe>

Ingredients:

- 2 tablespoons bread crumbs Parmesan cheese flavored
- 2 tablespoons red bell pepper chopped
- 2 tablespoons yellow bell pepper chopped
- 2 green onions chopped
- 1/4 jalapeno pepper seeded and minced
- 4 tablespoons butter melted
- 6 ounces crabmeat drained and flaked
- 2 tablespoons shredded mozzarella cheese
- 24 ounces grouper

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 130 milligrams
4. Fat: 15 grams
5. Protein: 41 grams
6. SaturatedFat: 8 grams
7. Sodium: 340 milligrams
8. Sugar: 1 grams

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