



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Shrimp & Crab Gratin ♦

Shrimp & Crab Gratin is a delicious seafood dish that combines succulent shrimp and crab meat with a creamy, cheesy sauce. It is typically baked until golden and bubbly, resulting in a rich and flavorful dish that is perfect for special occasions or as a comforting weeknight meal. The history of this dish can be traced back to French cuisine, where gratins are a popular cooking technique. The recipe is often served as a main course and pairs well with a side of crusty bread or a fresh green salad.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 25 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

250 g	Shrimp
250 g	Crab meat
50 g	butter

<b>50 g</b>	all-purpose flour
<b>500 ml</b>	milk
<b>100 g</b>	gruyere cheese
<b>50 g</b>	parmesan cheese
<b>50 g</b>	panko breadcrumbs
<b>1 tsp</b>	Salt
<b>0.5 tsp</b>	Black pepper
<b>0.5 tsp</b>	Garlic powder
<b>0.5 tsp</b>	Paprika

## Directions

### Step 1

#### Preheating

Preheat the oven to 375°F (190°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Stove

In a large skillet, melt the butter over medium heat. Add the flour and cook, stirring constantly, for 1 minute.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

---

### Step 3

Stove

Gradually whisk in the milk and cook until thickened, about 5 minutes.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

---

### Step 4

Stove

Stir in the Gruyere cheese until melted and smooth. Season with salt, black pepper, garlic powder, and paprika.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

---

### Step 5

Stove

Add the shrimp and crab meat to the skillet, stirring until coated in the cheese sauce.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

---

## Step 6

Transfer the mixture to a baking dish and sprinkle with Parmesan cheese and panko breadcrumbs.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 7

Oven

Bake for 15-20 minutes, or until the top is golden and bubbly.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

---

## Step 8

Remove from the oven and let cool for a few minutes before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

---

**Calories:** 350 kcal

**Fat:** 20 g

**Protein:** 25 g

**Carbohydrates:** 15 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	1 g	2.63%	4%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	150 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	15 mg	136.36%	187.5%
Selenium	40 mcg	72.73%	72.73%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Easy

Visit our website: [healthdor.com](http://healthdor.com)