

Asian Crab

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



4

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup canola oil
- 1 pound crabs for substitute (or king crab, or shell on 1-pound)
- 3 tablespoons black bean garlic paste
- 2 tablespoons green onions sliced
- 3 tablespoons hoisin sauce
- 1 tablespoon chile hot sauce (recommended: Sriracha)
- 1 teaspoon sesame oil
- 1 tablespoon sesame seed toasted

0.3 cup white wine

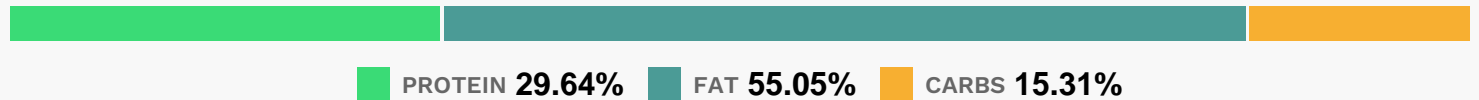
Equipment

wok

Directions

- In a large wok, heat canola oil over medium-high heat.
- Crack crab shells in multiple areas to allow sauce to enter shell without crab shells falling apart.
- Add crab to oil and quickly saute for 1 to 3 minutes until crab is hot.
- Remove crab and drain oil.
- Add hoisin, chile hot sauce, black bean paste, and white wine and heat until bubbling.
- Add crab, toss for 30 seconds.
- Add sesame oil, and toss for 15 seconds.
- Remove to plate and garnish with sesame seeds and green onions.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:1.23, Inflammation Score:-5, Nutrition Score:20.096956574399%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 298.36kcal (14.92%), Fat: 17.57g (27.04%), Saturated Fat: 1.54g (9.64%), Carbohydrates: 10.99g (3.66%), Net Carbohydrates: 10.1g (3.67%), Sugar: 3.65g (4.05%), Cholesterol: 67.26mg (22.42%), Sodium: 618.18mg (26.88%), Alcohol: 1.54g (100%), Alcohol %: 1.12% (100%), Protein: 21.29g (42.58%), Vitamin B12: 10.21µg (170.1%),

Selenium: 44.61µg (63.72%), Copper: 0.9mg (44.95%), Zinc: 5.2mg (34.66%), Phosphorus: 244.9mg (24.49%), Vitamin B3: 3.91mg (19.55%), Manganese: 0.38mg (19.12%), Vitamin B6: 0.35mg (17.36%), Vitamin E: 2.53mg (16.88%), Magnesium: 66mg (16.5%), Vitamin K: 16.72µg (15.92%), Folate: 57.2µg (14.3%), Vitamin B2: 0.24mg (14.12%), Potassium: 493.79mg (14.11%), Vitamin C: 10.52mg (12.75%), Calcium: 99.64mg (9.96%), Vitamin B1: 0.1mg (6.38%), Iron: 1.12mg (6.24%), Vitamin B5: 0.49mg (4.86%), Fiber: 0.9g (3.58%), Vitamin A: 139.15IU (2.78%)