



## Boiled Crabs Bathed in Garlic Butter

 Gluten Free

READY IN



42 min.

SERVINGS



6

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup butter
- 6 crabs blue
- 0.5 cup garlic fresh chopped
- 2 tablespoons old bay seasoning to taste
- 1 cup parsley leaves chopped
- 6 servings salt

### Equipment

- frying pan

pot

## Directions

- In a large pot with a basket, boil the crabs in boiling water, making sure the water covers the crabs.
- Add the Old Bay seasoning and salt. Cook the crabs until they are red, approximately 10 minutes, and then let crabs cool to the touch. Crack crabs and remove the lungs, leaving the roe in and claws attached. Crack the crab in 2 sections down the middle. In a deep skillet, melt the butter and add the garlic and parsley.
- Place the crabs in the butter mixture and then on a platter.
- Pour remaining butter from skillet onto the crabs before serving.

## Nutrition Facts

**PROTEIN 27.27%** **FAT 66.81%** **CARBS 5.92%**

## Properties

Glycemic Index:18.67, Glycemic Load:1.16, Inflammation Score:-9, Nutrition Score:30.199564871581%

## Flavonoids

Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 436.02kcal (21.8%), Fat: 32.5g (50%), Saturated Fat: 19.73g (123.3%), Carbohydrates: 6.49g (2.16%), Net Carbohydrates: 5.77g (2.1%), Sugar: 0.26g (0.29%), Cholesterol: 177.51mg (59.17%), Sodium: 925.79mg (40.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.85g (59.69%), Vitamin B12: 14.73µg (245.57%), Vitamin K: 177.58µg (169.12%), Selenium: 62.57µg (89.38%), Copper: 1.16mg (57.94%), Zinc: 7.28mg (48.5%), Vitamin A: 1970.67IU (39.41%), Phosphorus: 331.16mg (33.12%), Vitamin C: 22.7mg (27.52%), Vitamin B3: 5.38mg (26.92%), Folate: 90.24µg (22.56%), Manganese: 0.43mg (21.39%), Magnesium: 84.93mg (21.23%), Vitamin B6: 0.41mg (20.64%), Potassium: 696.11mg (19.89%), Vitamin B2: 0.31mg (18.23%), Calcium: 131.77mg (13.18%), Iron: 1.9mg (10.53%), Vitamin B1: 0.11mg (7.55%), Vitamin B5: 0.72mg (7.2%), Vitamin E: 0.98mg (6.53%), Fiber: 0.72g (2.87%)