



## Boiled Dungeness Crab with Fennel

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



135 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 servings ginger butter
- ☐ 2 live dungeness crabs
- ☐ 1 large fennel bulb
- ☐ 4 servings bloody mary cocktail sauce
- ☐ 1 large optional: lemon thinly sliced
- ☐ 4 servings salt
- ☐ 4 servings fennel-lemon tartar sauce

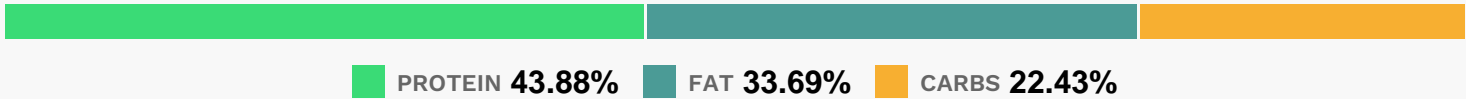
### Equipment

- ☐ baking sheet
- ☐ pot

## Directions

- ☐ Mince enough of the most tender fennel fronds to make 2 tablespoons, and mince enough of the bulb to make 1/4 cup; set both aside for the Fennel–Lemon Tartar Sauce.
- ☐ Coarsely chop the remaining fronds, stalks, and bulb, and place in a large (at least 8–quart) pot.
- ☐ Add lemon slices, 1/4 cup salt, and enough cold water to come within 3 inches of the top of the pot. Bring to a boil over high heat.
- ☐ While water is heating, set crabs on a rimmed baking sheet or tray, and put them in the freezer. (This dulls their senses to make handling them easier. The crab should be well chilled but not frozen; don't leave them in the freezer more than 30 minutes.) When water has come to a rolling boil, grab each crab securely at the back of its shell, and gently but swiftly drop it headfirst into the boiling water.
- ☐ Cover pot, and return water to a boil, reducing heat to medium if necessary to prevent water from boiling over. Cook crabs 18 to 20 minutes. Carefully drain. Clean crabs, and serve hot or chilled with Fennel–Lemon Tartar Sauce, Bloody Mary Cocktail Sauce, and Ginger Butter.

## Nutrition Facts



## Properties

Glycemic Index:30.13, Glycemic Load:1.56, Inflammation Score:–5, Nutrition Score:17.669130428978%

## Flavonoids

Eriodictyol: 6.4mg, Eriodictyol: 6.4mg, Eriodictyol: 6.4mg, Eriodictyol: 6.4mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

## Nutrients (% of daily need)

Calories: 135.24kcal (6.76%), Fat: 5.21g (8.02%), Saturated Fat: 2.77g (17.34%), Carbohydrates: 7.81g (2.6%), Net Carbohydrates: 5.23g (1.9%), Sugar: 3.25g (3.61%), Cholesterol: 58.9mg (19.64%), Sodium: 515.99mg (22.43%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.55%), Vitamin B12: 7.34µg (122.39%), Selenium: 30.81µg (44.02%), Vitamin K: 37.59µg (35.8%), Copper: 0.6mg (29.91%), Vitamin C: 24.21mg (29.34%), Zinc: 3.62mg (24.13%), Phosphorus: 183.27mg (18.33%), Potassium: 569.88mg (16.28%), Vitamin B3: 2.96mg (14.82%), Folate: 54.83µg (13.71%), Magnesium: 48.94mg (12.24%), Fiber: 2.57g (10.3%), Vitamin B2: 0.16mg (9.54%), Manganese: 0.19mg (9.33%), Vitamin B6: 0.17mg (8.6%), Calcium: 74.75mg (7.48%), Vitamin A: 284.28IU (5.69%), Iron: 0.9mg (4.98%), Vitamin B5: 0.48mg (4.78%), Vitamin B1: 0.06mg (3.69%), Vitamin E: 0.51mg (3.42%)