



Capt'n Bobino's Fisherman-style Crab

READY IN



45 min.

SERVINGS



6

CALORIES



683 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces angel hair pasta dried
- ☐ 8 oz baguette sliced
- ☐ 0.4 lb butter
- ☐ 2 dungeness crabs cleaned cooked (see notes)
- ☐ 0.3 cup garlic minced
- ☐ 0.3 cup juice of lemon
- ☐ 6 servings lemon wedges
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup parsley chopped

- ☐ 6 servings salt and pepper
- ☐ 1 cup cooking sherry dry white dry
- ☐ 1 pound boned firm

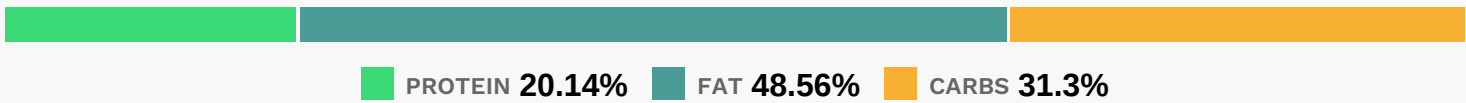
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring 4 quarts water to a boil.
- ☐ Rinse crabs and fish and pat dry; cut fish into 1- to 1 1/2-inch pieces.
- ☐ Add butter and olive oil to a 12-inch frying pan (with sides at least 2 1/2 in. tall) or 14-inch wok over medium-high heat; when butter is melted, add garlic and stir just until fragrant, 1 to 2 minutes.
- ☐ Add fish and turn pieces occasionally until beginning to brown, 2 to 3 minutes.
- ☐ Pour in sherry and lemon juice; gently add crabs.
- ☐ Sprinkle with parsley. Cover and simmer until crabs are hot and fish is opaque but still moist-looking in the center (cut to test), 5 to 6 minutes.
- ☐ Add salt and pepper to taste.
- ☐ Meanwhile, add angel hair pasta to boiling water; cook, stirring occasionally, until barely tender to bite, 3 to 4 minutes.
- ☐ Drain pasta well and spread in the bottom of a wide serving bowl.
- ☐ Pour crab mixture over pasta and garnish with lemon wedges.
- ☐ Serve with baguette slices to sop up the sauce.

Nutrition Facts



Properties

Glycemic Index:52.71, Glycemic Load:24.58, Inflammation Score:-8, Nutrition Score:31.591304861981%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 682.8kcal (34.14%), Fat: 35.23g (54.2%), Saturated Fat: 16.43g (102.71%), Carbohydrates: 51.09g (17.03%), Net Carbohydrates: 48.73g (17.72%), Sugar: 3.65g (4.05%), Cholesterol: 130.05mg (43.35%), Sodium: 829.73mg (36.08%), Alcohol: 4.12g (100%), Alcohol %: 1.69% (100%), Protein: 32.87g (65.75%), Selenium: 86.17µg (123.1%), Vitamin B12: 5.77µg (96.16%), Vitamin K: 90.83µg (86.51%), Vitamin B3: 9.16mg (45.8%), Phosphorus: 411.47mg (41.15%), Manganese: 0.73mg (36.29%), Vitamin B6: 0.69mg (34.57%), Copper: 0.57mg (28.36%), Vitamin A: 1230.75IU (24.61%), Zinc: 3.62mg (24.16%), Vitamin D: 3.55µg (23.69%), Folate: 92.07µg (23.02%), Vitamin B1: 0.34mg (22.67%), Potassium: 753.46mg (21.53%), Magnesium: 81.08mg (20.27%), Vitamin C: 16.1mg (19.51%), Vitamin E: 2.63mg (17.53%), Vitamin B2: 0.29mg (16.85%), Iron: 2.71mg (15.04%), Calcium: 106.76mg (10.68%), Fiber: 2.36g (9.42%), Vitamin B5: 0.88mg (8.78%)