



WHATSheATE



Chili Crab



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 slices accompaniments: buns chinese steamed
- ☐ 3 to 4 bird's-eye chiles fresh red minced seeded
- ☐ 1 tablespoon black bean garlic sauce chinese
- ☐ 0.3 cup mild chili sauce such as heinz
- ☐ 2 teaspoons cornstarch
- ☐ 2 large eggs lightly beaten
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons garlic minced

- ☐ 3 inch ginger minced (3 tablespoons)
- ☐ 0.3 teaspoon ground pepper white
- ☐ 2 teaspoons kosher salt
- ☐ 1 tablespoon shaohsing rice wine
- ☐ 1 scallion thinly sliced
- ☐ 8 soft-shelled crabs whole cleaned
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup tomato sauce plain homemade
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok
- ☐ chefs knife
- ☐ cleaver

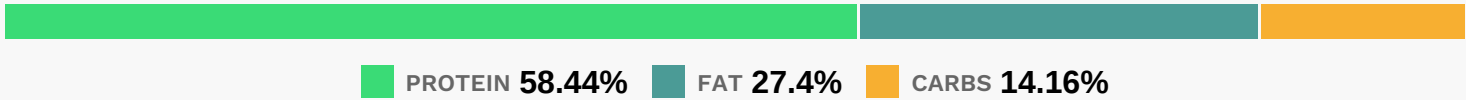
Directions

- ☐ If using Dungeness crabs, using cleaver or large chef's knife, cut in half lengthwise and remove back shell and spongy green matter.
- ☐ Remove claws from body section and, using back of cleaver or chef's knife, crack in several places.
- ☐ Cut each body section into 2 or 3 pieces, leaving legs attached. Rinse all pieces thoroughly and pat completely dry.
- ☐ In wok or large skillet over moderate heat, heat oil until hot but not smoking.
- ☐ Add ginger, garlic, and chiles, and stir-fry until fragrant, about 30 seconds.
- ☐ Add black beans and stir-fry several seconds.
- ☐ Add crab and stir-fry until meat begins to turn opaque, about 1 minute. Stir in rice wine, tomato and chili sauces, sugar, salt, pepper, and 1 cup water. Bring to boil, then reduce heat to

low and simmer, uncovered, stirring frequently, until crab meat is fully cooked, 3 to 4 minutes.

- ☐
- In small bowl, whisk together cornstarch and 2 tablespoons water. Stir into crab mixture in pan and simmer, uncovered, until sauce thickens, about 1 minute. Stir in eggs and simmer, uncovered, until bits of egg are fully cooked, about 1 minute. Stir in cilantro and scallion.
- ☐
- Serve immediately with steamed Chinese buns or baguette slices.

Nutrition Facts



Properties

Glycemic Index:74.27, Glycemic Load:3.24, Inflammation Score:-8, Nutrition Score:38.233043359674%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 441.2kcal (22.06%), Fat: 12.97g (19.96%), Saturated Fat: 2.34g (14.6%), Carbohydrates: 15.08g (5.03%), Net Carbohydrates: 13.51g (4.91%), Sugar: 6.9g (7.67%), Cholesterol: 285.34mg (95.11%), Sodium: 2537.21mg (110.31%), Alcohol: 0.6g (100%), Alcohol %: 0.18% (100%), Protein: 62.26g (124.52%), Vitamin B12: 29.56µg (492.71%), Selenium: 129.73µg (185.33%), Copper: 2.31mg (115.32%), Zinc: 14.43mg (96.18%), Phosphorus: 670.68mg (67.07%), Vitamin B3: 10.94mg (54.69%), Vitamin B2: 0.7mg (41.3%), Folate: 162.75µg (40.69%), Magnesium: 161.21mg (40.3%), Potassium: 1398.79mg (39.97%), Vitamin B6: 0.66mg (32.77%), Vitamin C: 23.89mg (28.96%), Vitamin K: 21.55µg (20.52%), Manganese: 0.4mg (19.97%), Calcium: 184.5mg (18.45%), Vitamin B5: 1.66mg (16.58%), Vitamin A: 747.32IU (14.95%), Vitamin B1: 0.2mg (13.27%), Iron: 2.37mg (13.14%), Vitamin E: 1.64mg (10.94%), Fiber: 1.57g (6.28%), Vitamin D: 0.5µg (3.33%)