



 **100%**  
HEALTH SCORE

## Chilled Cracked Dungeness Crab with Sea Salt Butter and Ginger Mayonnaise

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**988 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 bay leaves
- 15 pounds live dungeness crabs
- 6 servings ginger mayonnaise
- 6 servings lemon wedges
- 2 lemons sliced
- 2 tablespoons sea salt
- 6 servings sea salt butter

2 gallons water

## Equipment

pot

## Directions

- Combine first 4 ingredients in an extra-large kettle or soup pot; bring to a boil over high heat.
- Add crabs; cover and boil 12 to 15 minutes or until crabs turn bright red. Rinse crabs quickly with cold water; drain well, and cool.
- Remove top shell from crabs; reserve for garnish, if desired. Clean crabs, removing gray gills and mouth parts; break in half. Cover and chill.
- Serve with lemon wedges, Sea Salt Butter, and Ginger Mayonnaise.
- Note: If you aren't sure the crabs are done, pull off a top shell and look at the meat; it should be white and opaque, not translucent.

## Nutrition Facts

  
**PROTEIN 84.14%** **FAT 10.65%** **CARBS 5.21%**

## Properties

Glycemic Index:11, Glycemic Load:0.66, Inflammation Score:-10, Nutrition Score:60.442174119794%

## Flavonoids

Eriodictyol: 7.9mg, Eriodictyol: 7.9mg, Eriodictyol: 7.9mg, Eriodictyol: 7.9mg Hesperetin: 10.32mg, Hesperetin: 10.32mg, Hesperetin: 10.32mg, Hesperetin: 10.32mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## Nutrients (% of daily need)

Calories: 987.81kcal (49.39%), Fat: 11.13g (17.13%), Saturated Fat: 1.52g (9.48%), Carbohydrates: 12.26g (4.09%), Net Carbohydrates: 11.16g (4.06%), Sugar: 0.96g (1.07%), Cholesterol: 669.05mg (223.02%), Sodium: 5928.62mg (257.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 197.88g (395.75%), Vitamin B12: 102.06µg (1700.97%), Selenium: 420.88µg (601.25%), Copper: 7.87mg (393.27%), Zinc: 48.59mg (323.9%), Phosphorus: 2070.54mg (207.05%), Vitamin B3: 35.66mg (178.3%), Magnesium: 526.89mg (131.72%), Folate: 503.39µg (125.85%), Potassium: 4074.61mg (116.42%), Vitamin B2: 1.9mg (111.89%), Vitamin B6: 1.74mg (86.76%), Vitamin C:

59.44mg (72.05%), Calcium: 571.68mg (57.17%), Manganese: 0.94mg (46.81%), Vitamin B5: 4.04mg (40.43%),  
Vitamin B1: 0.55mg (36.55%), Iron: 4.49mg (24.93%), Vitamin A: 1033.88IU (20.68%), Fiber: 1.1g (4.39%)