



 **96%**  
HEALTH SCORE

## Cioppino-Style Roasted Crab

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**637 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 2 cups bottled clam juice
- 4 servings kosher salt
- 1 cup wine dry white
- 4 pound crabs cleaned cooked quartered
- 6 large garlic clove pressed
- 0.3 cup olive oil extra virgin extra-virgin
- 1 medium onion finely chopped

- 0.5 cup parsley fresh italian packed ()
- 0.5 teaspoon pepper dried red crushed (scant)
- 30 ounce frangelico chopped canned
- 1 cup water

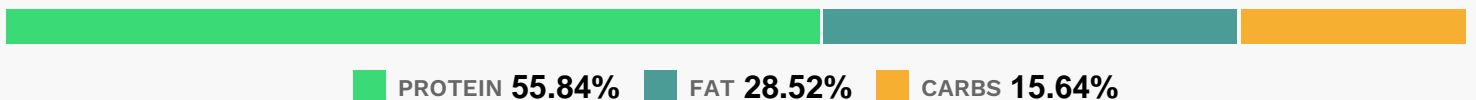
## Equipment

- bowl
- frying pan
- oven

## Directions

- Preheat oven to 400°F.
- Heat oil in largedeep ovenproof skillet or large metalroasting pan over medium heat.
- Addonion and garlic; sauté until soft, about5 minutes.
- Add wine; increase heat tohigh and boil 2 minutes.
- Add clam juice,tomatoes with juice, 1 cup water, bayleaves, parsley, and crushed red pepperand bring to boil. Season to taste withcoarse salt and pepper.
- Reduce heat to medium-low. Simmer 15minutes.
- Add crab pieces; nestle into sauce.
- Transfer skillet to oven and roast until crabpieces are heated through, 15 to 20 minutes.
- Place crab with juices in large bowl.
- Bon Appétit

## Nutrition Facts



## Properties

Glycemic Index:26, Glycemic Load:1.29, Inflammation Score:-10, Nutrition Score:48.42695640481%

## Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

## **Nutrients (% of daily need)**

Calories: 636.68kcal (31.83%), Fat: 18.29g (28.13%), Saturated Fat: 2.49g (15.59%), Carbohydrates: 22.56g (7.52%), Net Carbohydrates: 21.18g (7.7%), Sugar: 5.78g (6.43%), Cholesterol: 267.62mg (89.21%), Sodium: 1976.52mg (85.94%), Alcohol: 6.18g (100%), Alcohol %: 0.82% (100%), Protein: 80.57g (161.14%), Vitamin B12: 40.86µg (680.98%), Selenium: 169.65µg (242.36%), Copper: 3.14mg (157.08%), Zinc: 19.73mg (131.55%), Vitamin K: 131.82µg (125.54%), Phosphorus: 869.37mg (86.94%), Vitamin B3: 14.77mg (73.86%), Folate: 226.56µg (56.64%), Magnesium: 224.69mg (56.17%), Potassium: 1858.66mg (53.1%), Vitamin B2: 0.8mg (47.23%), Vitamin B6: 0.88mg (44.21%), Vitamin C: 35.23mg (42.7%), Manganese: 0.6mg (30.12%), Vitamin A: 1294.46IU (25.89%), Calcium: 251.61mg (25.16%), Vitamin B5: 1.81mg (18.06%), Vitamin B1: 0.27mg (17.98%), Iron: 2.76mg (15.33%), Vitamin E: 2.23mg (14.9%), Fiber: 1.38g (5.53%)