



Coconut-Crusted Soft-Shell Crab with Mango Chutney

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



333 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons brown mustard seeds
- ☐ 0.5 teaspoon chili powder
- ☐ 0.3 cup cider vinegar
- ☐ 2 tablespoons crystallized ginger chopped
- ☐ 0.3 cup currants dried
- ☐ 1 large egg white lightly beaten
- ☐ 0.3 teaspoon ground pepper red

- ☐ 2 cups mangos peeled chopped
- ☐ 0.5 cup onion finely chopped
- ☐ 3 ounce soft-shell crabs cleaned
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 0.5 cup coconut or sweetened flaked toasted
- ☐ 4 teaspoons vegetable oil divided
- ☐ 0.5 cup water

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Combine first 9 ingredients in a medium skillet over medium-high heat. Bring to a boil; reduce heat and simmer 15 minutes or until thick. Set mango chutney aside.
- ☐ Preheat broiler.
- ☐ Heat 2 teaspoons oil in a large skillet over medium-high heat.
- ☐ Place 4 crabs in pan, top sides down; cook 2 minutes per side, gently pressing body and legs against pan.
- ☐ Place sauted crabs, top sides up, on a baking sheet. Repeat procedure with remaining oil and crabs.
- ☐ Combine coconut, mustard seeds, salt, and egg white; divide evenly among top shells of crabs. Press coconut mixture on top shells of crabs, leaving a 1/8-inch margin around outside edge of shells. Lightly spray crabs with cooking spray.
- ☐ Place baking sheet 8 inches away from broiler; broil 5 minutes or until coconut mixture is browned and crisp.

Nutrition Facts



Properties

Glycemic Index:61.46, Glycemic Load:14.12, Inflammation Score:-7, Nutrition Score:9.6730434839492%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 333.32kcal (16.67%), Fat: 13.83g (21.28%), Saturated Fat: 5.35g (33.43%), Carbohydrates: 50.59g (16.86%), Net Carbohydrates: 46.71g (16.99%), Sugar: 34.65g (38.5%), Cholesterol: 0mg (0%), Sodium: 289.12mg (12.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.11%), Vitamin C: 32.1mg (38.91%), Vitamin A: 1026.28IU (20.53%), Manganese: 0.39mg (19.3%), Fiber: 3.88g (15.53%), Folate: 57.53µg (14.38%), Vitamin K: 14.09µg (13.42%), Selenium: 7.44µg (10.63%), Potassium: 336.04mg (9.6%), Copper: 0.19mg (9.57%), Vitamin E: 1.41mg (9.37%), Vitamin B6: 0.18mg (8.77%), Vitamin B1: 0.12mg (7.75%), Vitamin B2: 0.13mg (7.72%), Vitamin B3: 1.46mg (7.32%), Magnesium: 28.31mg (7.08%), Iron: 1.24mg (6.91%), Phosphorus: 64.02mg (6.4%), Calcium: 33.16mg (3.32%), Vitamin B5: 0.32mg (3.18%), Zinc: 0.4mg (2.67%)