



## Cornmeal-Crusted Soft-Shelled Crabs with Cilantro-Lime Tartar Sauce

READY IN



36 min.

SERVINGS



4

CALORIES



832 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon pepper black
- 2 cups buttermilk well-shaken
- 1 cup self-rising cake flour
- 2 tablespoons capers drained chopped
- 0.3 cup dill pickles chopped
- 2 large eggs
- 0.5 cup cilantro leaves fresh chopped
- 2 teaspoons jalapeño chile fresh minced (including seeds)

- 1 tablespoon kosher salt
- 1 tablespoon juice of lime fresh to taste
- 1 cup mayonnaise
- 0.3 cup onion red chopped
- 8 live soft-shelled crabs cleaned (preferably 4 to 5 inches wide)
- 4 servings accompaniment: cilantro lime tartar sauce
- 4 servings vegetable oil for frying
- 1 cup cornmeal yellow

## Equipment

- frying pan
- paper towels
- whisk
- ziploc bags

## Directions

- Whisk together buttermilk, eggs, salt, and pepper and pour into a 3-quart shallow dish.
- Add crabs and soak, covered and chilled, for 30 minutes to 1 hour.
- Heat enough vegetable oil to measure 1-inch deep in a wide shallow skillet to very hot.
- Whisk together flour and cornmeal and transfer to a large sealable plastic bag. Lift 1 crab out of buttermilk, letting excess drip off, and shake in bag to coat with flour. Knock off excess flour and transfer to a tray. Repeat with remaining crabs, arranging them in 1 layer as coated. Shallow-fry the crabs, 4 at a time, turning over halfway through frying (watch out for popping or use a frying screen), until golden brown, 3 to 5 minutes. Reheat oil to very hot between batches.
- Drain crabs on paper towels and serve with tartar sauce.
- Stir together all sauce ingredients. Refrigerate until ready to use.

## Nutrition Facts



■ PROTEIN **7.72%** ■ FAT **58.52%** ■ CARBS **33.76%**

## Properties

Glycemic Index:92.63, Glycemic Load:36.94, Inflammation Score:-7, Nutrition Score:21.613478080086%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 5.32mg, Kaempferol: 5.32mg, Kaempferol: 5.32mg, Kaempferol: 5.32mg Quercetin: 10.14mg, Quercetin: 10.14mg, Quercetin: 10.14mg, Quercetin: 10.14mg

## Nutrients (% of daily need)

Calories: 832.47kcal (41.62%), Fat: 54.33g (83.58%), Saturated Fat: 10.62g (66.37%), Carbohydrates: 70.53g (23.51%), Net Carbohydrates: 63.82g (23.21%), Sugar: 15.43g (17.15%), Cholesterol: 129.79mg (43.26%), Sodium: 2456.24mg (106.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.12g (32.23%), Vitamin K: 110.07µg (104.83%), Selenium: 28.46µg (40.65%), Manganese: 0.7mg (35.04%), Phosphorus: 301.55mg (30.16%), Fiber: 6.71g (26.86%), Vitamin B2: 0.42mg (24.72%), Magnesium: 81.89mg (20.47%), Calcium: 203.92mg (20.39%), Vitamin E: 2.96mg (19.73%), Vitamin B6: 0.39mg (19.3%), Zinc: 2.53mg (16.89%), Vitamin B1: 0.24mg (16.22%), Potassium: 530.65mg (15.16%), Copper: 0.29mg (14.69%), Vitamin D: 2.17µg (14.48%), Iron: 2.61mg (14.48%), Vitamin B5: 1.43mg (14.28%), Vitamin B12: 0.84µg (14.03%), Folate: 51.78µg (12.94%), Vitamin A: 561.87IU (11.24%), Vitamin B3: 1.63mg (8.17%), Vitamin C: 5.94mg (7.21%)