



Crab Boil

READY IN



105 min.

SERVINGS



6

CALORIES



836 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounces andouille sausage cut into 1-inch rounds
- ☐ 1 pound baby artichokes trimmed halved (8 small)
- ☐ 3 bay leaves
- ☐ 2 sticks butter softened
- ☐ 3 pounds live crab
- ☐ 1 pound ears of corn cut into thirds
- ☐ 1 baguette french sliced
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 2 cloves garlic minced

- ☐ 3 green onions fresh sliced for garnish (or your favorite herb
- ☐ 1 teaspoon ground pepper black
- ☐ 1 teaspoon hot sauce such as crystal
- ☐ 6 servings hot sauce
- ☐ 1 jalapeño diced
- ☐ 1 tablespoon kosher salt
- ☐ 1.5 cups cipollini onions peeled halved
- ☐ 1 tablespoon parmesan
- ☐ 1 pound potatoes red
- ☐ 6 servings salt and freshly cracked pepper black
- ☐ 1 scallion minced
- ☐ 3 tablespoons crab boil spice mix such as zatarain's
- ☐ 3 tablespoons vegetable oil

Equipment

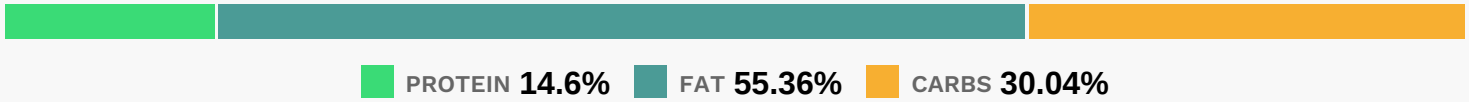
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ broiler
- ☐ colander

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small stockpot, heat the oil over medium heat.
- ☐ Saute the artichokes, sausage and onions until lightly colored, about 5 minutes.
- ☐ Add 12 cups (3 quarts) water, the potatoes, crab boil spice mix, salt, hot sauce, pepper, bay leaves and jalapenos. Cover the pot and bring to a boil. Reduce the heat, add the corn and cover. Cook until the corn is tender, about 10 minutes.

- ☐ Add the crab and cook about 7 minutes. Strain the boil through a colander. Plate immediately on a large serving dish.
- ☐ Garnish with sliced green onions or your favorite fresh herb.
- ☐ Serve with the Garlic Bread.
- ☐ Position an oven rack in the top of the oven and preheat the broiler.
- ☐ In a small bowl, mix the butter together with the Parmesan, parsley, garlic and scallions; add hot sauce, salt and pepper to taste.
- ☐ Spread the butter mixture on both halves of the baguette.
- ☐ Place on a sheet pan and toast under the broiler, about 2 minutes.

Nutrition Facts



Properties

Glycemic Index:61.79, Glycemic Load:14.98, Inflammation Score:-9, Nutrition Score:37.916521880938%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 9.6mg, Quercetin: 9.6mg, Quercetin: 9.6mg, Quercetin: 9.6mg

Nutrients (% of daily need)

Calories: 835.84kcal (41.79%), Fat: 53.43g (82.2%), Saturated Fat: 25.4g (158.75%), Carbohydrates: 65.22g (21.74%), Net Carbohydrates: 53.22g (19.35%), Sugar: 11.88g (13.19%), Cholesterol: 146mg (48.67%), Sodium: 2873.32mg (124.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.7g (63.41%), Vitamin B12: 5.64µg (94%), Vitamin K: 93.46µg (89.01%), Selenium: 39.74µg (56.76%), Fiber: 11.99g (47.97%), Manganese: 0.95mg (47.47%), Iron: 7.57mg (42.03%), Vitamin A: 2096.42IU (41.93%), Copper: 0.83mg (41.46%), Vitamin B3: 8.12mg (40.58%), Vitamin B1: 0.61mg (40.57%), Phosphorus: 391.07mg (39.11%), Zinc: 5.84mg (38.96%), Folate: 148.66µg (37.16%), Vitamin C: 26.32mg (31.9%), Potassium: 1080.03mg (30.86%), Magnesium: 119.1mg (29.77%), Vitamin B6: 0.58mg (28.86%), Calcium: 267.36mg (26.74%), Vitamin E: 3.53mg (23.56%), Vitamin B2: 0.38mg (22.53%), Vitamin B5: 1.64mg (16.41%), Vitamin D: 0.67µg (4.44%)