



Crabby Carolina Rice

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup tomatoes canned drained chopped
- 14 ounces crab meat
- 2 garlic cloves minced
- 1 teaspoon juice of lemon fresh
- 1 tablespoon old bay seasoning
- 1 medium onion finely chopped
- 4 servings salt
- 2 scallions thinly sliced

- 2.5 tablespoons butter unsalted
- 1 tablespoon vegetable oil
- 1.5 cups carolina long-grain white

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- spatula

Directions

- In a large saucepan of boiling water, cook the rice over moderately high heat, stirring occasionally, until tender, about 12 minutes.
- Drain and spread on a baking sheet to cool.
- In a large skillet, toast the Old Bay Seasoning over low heat until fragrant, about 40 seconds. Scrape the spice mixture into a small bowl and let cool. Melt the butter in the skillet.
- Add the crabmeat and 1 teaspoon of the Old Bay Seasoning and cook over moderately high heat for 1 1/2 minutes, tossing gently with a spatula.
- Transfer to a plate.
- Heat the oil in the skillet.
- Add the onion and cook over moderately low heat until softened, about 4 minutes.
- Add the garlic and the remaining 2 teaspoons of Old Bay and cook, stirring, until fragrant, about 2 minutes.
- Add the tomatoes and cook until dry, about 4 minutes.
- Add the rice and cook over moderate heat, stirring, until heated through, about 3 minutes.
- Add the crabmeat and lemon juice and cook, stirring, until hot. Season with salt and transfer to warmed bowls.
- Sprinkle the scallions over the rice and serve.
- Make Ahead: The recipe can be prepared through Step 1 and refrigerated overnight.

Wine Recommendation: A fruity white with refreshing acidity would echo the pairing of sweet crab and slightly tangy tomatoes. Look for a lime-scented Australian Riesling, such as the 2000 Penfolds Eden Valley Reserve or the 2000 Wolf Blass Gold Label.

Nutrition Facts

 PROTEIN **21.55%**  FAT **23.49%**  CARBS **54.96%**

Properties

Glycemic Index:47.05, Glycemic Load:34.8, Inflammation Score:-6, Nutrition Score:23.976956455604%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 457.54kcal (22.88%), Fat: 11.76g (18.09%), Saturated Fat: 5.29g (33.05%), Carbohydrates: 61.92g (20.64%), Net Carbohydrates: 59.67g (21.7%), Sugar: 2.8g (3.11%), Cholesterol: 60.49mg (20.16%), Sodium: 1070.26mg (46.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.27g (48.55%), Vitamin B12: 8.94µg (149.08%), Selenium: 47.32µg (67.6%), Copper: 1.15mg (57.66%), Manganese: 0.98mg (49.23%), Zinc: 6.87mg (45.8%), Phosphorus: 323.16mg (32.32%), Vitamin K: 29.15µg (27.76%), Magnesium: 78.83mg (19.71%), Vitamin B6: 0.38mg (18.86%), Vitamin C: 13.96mg (16.93%), Folate: 64.14µg (16.04%), Vitamin B3: 2.68mg (13.4%), Potassium: 443.82mg (12.68%), Vitamin B5: 1.19mg (11.93%), Iron: 2.06mg (11.47%), Calcium: 100.97mg (10.1%), Vitamin B1: 0.14mg (9.08%), Fiber: 2.25g (8.99%), Vitamin A: 394.41IU (7.89%), Vitamin E: 0.99mg (6.6%), Vitamin B2: 0.11mg (6.55%)