



Cracked Crab with Caviar Dipping Sauce

READY IN



45 min.

SERVINGS



2

CALORIES



758 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces caviar black
- ☐ 2 crabs whole separated cooked
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.3 cup mayonnaise
- ☐ 2 servings hot sauce hot
- ☐ 0.5 cup cream sour
- ☐ 2 servings sourdough bread toasted

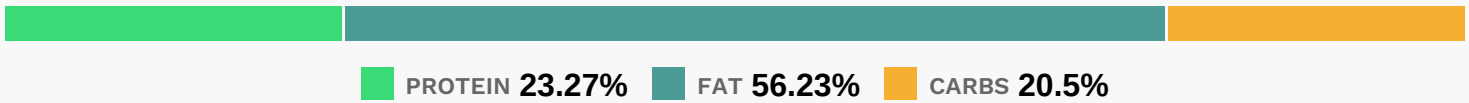
Equipment

- ☐ bowl
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Whisk first 3 ingredients in medium bowl. Season to taste with hot pepper sauce. Fold in black caviar. Divide sauce between 2 ramekins.
- ☐ Serve crabs with dipping sauce and toast.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:25.71, Inflammation Score:-8, Nutrition Score:36.904347875844%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 757.93kcal (37.9%), Fat: 47.3g (72.76%), Saturated Fat: 11.88g (74.26%), Carbohydrates: 38.78g (12.93%), Net Carbohydrates: 37.35g (13.58%), Sugar: 5.26g (5.84%), Cholesterol: 312.47mg (104.16%), Sodium: 1548.96mg (67.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.04g (88.09%), Vitamin B12: 20.51µg (341.76%), Selenium: 100.34µg (143.34%), Copper: 1.25mg (62.27%), Vitamin K: 62.34µg (59.37%), Zinc: 8.14mg (54.29%), Phosphorus: 516.74mg (51.67%), Vitamin B2: 0.83mg (48.58%), Magnesium: 185.31mg (46.33%), Folate: 170.94µg (42.73%), Vitamin B3: 8.3mg (41.48%), Vitamin B1: 0.6mg (40.09%), Iron: 6.6mg (36.68%), Calcium: 247.59mg (24.76%), Manganese: 0.49mg (24.48%), Potassium: 787.85mg (22.51%), Vitamin B6: 0.43mg (21.64%), Vitamin B5: 2.04mg (20.41%), Vitamin A: 786.22IU (15.72%), Vitamin E: 2.12mg (14.14%), Vitamin C: 8.23mg (9.98%), Vitamin D: 0.9µg (5.98%), Fiber: 1.42g (5.69%)