



WHATSheATE



Cracked Crab with Lemongrass, Black Pepper, and Basil



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup regular basil leaves loosely packed
- ☐ 1.5 tablespoons pepper black freshly ground
- ☐ 1 cup cilantro sprigs loosely packed
- ☐ 3 dungeness crabs cleaned fully cooked quartered (2 lbs. each)
- ☐ 2 tablespoons ginger fresh chopped
- ☐ 1 tablespoon garlic chopped
- ☐ 0.3 cup honey

- ☐ 2 stalks lemongrass fresh ends trimmed
- ☐ 0.3 cup soya sauce reduced-sodium
- ☐ 3 tablespoons vegetable oil

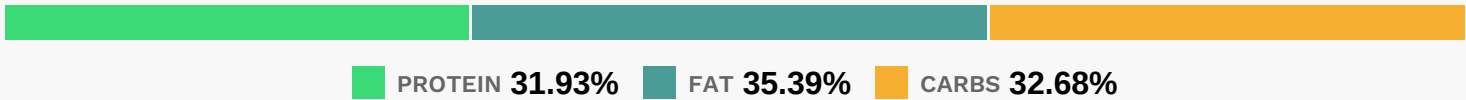
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ Chop lemongrass. Put in a food processor with ginger and garlic; whirl until minced.
- ☐ Scrape into a large bowl and stir in honey, soy sauce, and pepper.
- ☐ Add crabs and stir to coat well. Cover, then chill at least 15 minutes or up to 1 hour.
- ☐ Pour oil into a 14-in. wok or a wide 8- to 10-qt. pot over medium-high heat. With a slotted spoon, add crabs (reserve marinade). Cover and cook, stirring often, 5 minutes (omit this cooking time if using fully cooked crabs).
- ☐ Uncover pan, add marinade, and cook, stirring often, until crabs are steaming and meat is opaque, about 5 minutes.
- ☐ Stir in cilantro and basil, then transfer crabs and juices to a serving bowl.

Nutrition Facts



Properties

Glycemic Index:57.82, Glycemic Load:9.71, Inflammation Score:-7, Nutrition Score:24.299130232438%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 289.95kcal (14.5%), Fat: 11.64g (17.91%), Saturated Fat: 1.77g (11.09%), Carbohydrates: 24.18g (8.06%), Net Carbohydrates: 23.14g (8.41%), Sugar: 17.62g (19.58%), Cholesterol: 72.13mg (24.04%), Sodium: 939.01mg (40.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.63g (47.25%), Vitamin B12: 11µg (183.38%), Selenium: 46.13µg (65.9%), Vitamin K: 59.78µg (56.93%), Manganese: 0.99mg (49.42%), Copper: 0.94mg (46.76%), Zinc: 5.69mg (37.94%), Phosphorus: 270.46mg (27.05%), Vitamin B3: 4.29mg (21.47%), Magnesium: 81.67mg (20.42%), Folate: 74.24µg (18.56%), Potassium: 645.09mg (18.43%), Vitamin B2: 0.28mg (16.42%), Vitamin A: 709.38IU (14.19%), Vitamin B6: 0.27mg (13.61%), Iron: 1.91mg (10.59%), Calcium: 94.61mg (9.46%), Vitamin C: 7.54mg (9.14%), Vitamin E: 1.08mg (7.21%), Vitamin B5: 0.58mg (5.83%), Vitamin B1: 0.08mg (5.38%), Fiber: 1.04g (4.17%)