



## Cracked Crabs

 **Gluten Free**  **Low Fod Map**

READY IN



**45 min.**

SERVINGS



**12**

CALORIES



**235 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 bay leaves
- 1 teaspoon pepper black freshly ground
- 1 teaspoon celery seed
- 2 teaspoons ground pepper
- 0.3 cup hot sauce
- 3 tablespoons kosher salt
- 12 pd of lobster blue
- 1 cup butter unsalted melted

## Equipment

- pot
- tongs
- skimmer

## Directions

- Combine first 5 ingredients and 1 gallon water in a large stockpot over high heat. Bring to a rolling boil.
- Add crabs, and cook 4 to 5 minutes or until bright orange-red.
- Remove crabs with skimmer or tongs, and let cool slightly.
- Stir together butter and hot sauce; serve on the side with boiled crabs.

## Nutrition Facts

**PROTEIN 36.05%** **FAT 63.13%** **CARBS 0.82%**

## Properties

Glycemic Index:5.33, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:16.550434851128%

## Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg

## Nutrients (% of daily need)

Calories: 235.39kcal (11.77%), Fat: 16.41g (25.25%), Saturated Fat: 9.97g (62.28%), Carbohydrates: 0.48g (0.16%), Net Carbohydrates: 0.3g (0.11%), Sugar: 0.11g (0.12%), Cholesterol: 200.69mg (66.9%), Sodium: 2411.72mg (104.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.09g (42.18%), Selenium: 80.39µg (114.84%), Copper: 1.71mg (85.57%), Zinc: 4.5mg (29.98%), Vitamin B12: 1.61µg (26.79%), Phosphorus: 210.12mg (21.01%), Vitamin B5: 1.85mg (18.54%), Vitamin A: 626.6IU (12.53%), Magnesium: 50.1mg (12.52%), Calcium: 116.18mg (11.62%), Vitamin E: 1.64mg (10.96%), Vitamin B3: 2.06mg (10.31%), Potassium: 275.45mg (7.87%), Vitamin B6: 0.15mg (7.49%), Manganese: 0.12mg (6.01%), Vitamin C: 4.03mg (4.89%), Folate: 13.9µg (3.47%), Iron: 0.49mg (2.75%), Vitamin B1: 0.03mg (1.99%), Vitamin D: 0.28µg (1.89%), Vitamin B2: 0.03mg (1.89%), Vitamin K: 1.98µg (1.89%)