



HEALTH SCORE

75%

Curried Crab with Coconut and Chili



Gluten Free



Dairy Free



Very Healthy

READY IN



185 min.

SERVINGS



2

CALORIES



816 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon peppercorns whole black
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon chile powder
- ☐ 0.3 cup coriander seeds
- ☐ 2.3 pounds live crab
- ☐ 1.5 tablespoons cumin seeds
- ☐ 10 curry leaves fresh
- ☐ 2 ounces desiccated coconut

- ☐ 1 tablespoon ginger fresh finely grated
- ☐ 5 garlic cloves
- ☐ 1 large chile green chopped
- ☐ 2 servings sea salt
- ☐ 1 medium tomatoes diced ripe
- ☐ 0.5 ounce turmeric fresh finely grated peeled
- ☐ 9 ounces coconut milk unsweetened
- ☐ 1 onion white chopped
- ☐ 5.5 ounces citrus champagne vinegar

Equipment

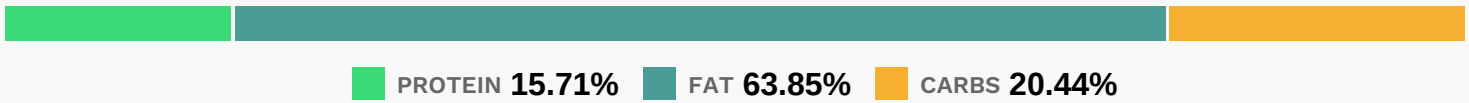
- ☐ food processor
- ☐ frying pan
- ☐ pot
- ☐ rolling pin
- ☐ mortar and pestle

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the crab in the freezer for 2 hours or until it stops moving.
- ☐ Remove the legs and crack them with a rolling pin.
- ☐ Remove the top of the shell and clean out the insides with your fingers. Chop the crab and top shells in half.
- ☐ Heat a medium saute pan over medium heat.
- ☐ Add the coriander seeds, cumin seeds and peppercorns and stir constantly until the seeds become toasted and fragrant, 3 to 4 minutes. Cool completely.
- ☐ To make the paste, grind the coriander seeds, cumin seeds and peppercorns with a pinch of salt using a mortar and pestle or a spice grinder.
- ☐ Transfer the spice mixture to a food processor and add the vinegar, coconut, ginger, garlic, chile and onions and blend to form a paste.

- ☐ Heat the oil in a heavy, large, wide pot over low heat.
- ☐ Add the paste and saute until fragrant and some of the juices evaporate, 5 to 10 minutes.
- ☐ Add the tomato, curry leaves, turmeric, chili powder and a pinch of salt and cook until the tomato pieces are tender and melting into the sauce, 5 minutes.
- ☐ Add the crab and 4 1/2 ounces water, increase the heat to medium and bring to a boil. Reduce the heat to low and simmer or until the crab pieces are cooked through, 10 minutes.
- ☐ Mix in the coconut milk and simmer for 2 to 3 minutes to allow the flavors to blend.
- ☐ Divide the crab pieces and sauce among shallow wide soup plates and serve immediately.

Nutrition Facts



Properties

Glycemic Index:76, Glycemic Load:3.39, Inflammation Score:-10, Nutrition Score:55.616956171782%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 11.65mg, Quercetin: 11.65mg, Quercetin: 11.65mg, Quercetin: 11.65mg

Nutrients (% of daily need)

Calories: 815.79kcal (40.79%), Fat: 60.9g (93.7%), Saturated Fat: 44.38g (277.38%), Carbohydrates: 43.86g (14.62%), Net Carbohydrates: 24.82g (9.02%), Sugar: 11.83g (13.14%), Cholesterol: 53.58mg (17.86%), Sodium: 1458.44mg (63.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.73g (67.45%), Vitamin B3: 61.86mg (309.28%), Manganese: 3.91mg (195.34%), Vitamin B12: 11.48µg (191.36%), Folate: 692.06µg (173.02%), Vitamin C: 135.34mg (164.05%), Copper: 2.13mg (106.27%), Selenium: 65.19µg (93.13%), Fiber: 19.05g (76.18%), Iron: 13.32mg (74.02%), Zinc: 10.57mg (70.45%), Phosphorus: 618.64mg (61.86%), Magnesium: 232.75mg (58.19%), Potassium: 1581.37mg (45.18%), Vitamin A: 2004.19IU (40.08%), Vitamin B6: 0.78mg (38.89%), Calcium: 306.06mg (30.61%), Vitamin E: 3.85mg (25.64%), Vitamin K: 24.02µg (22.88%), Vitamin B1: 0.25mg (16.62%), Vitamin B2: 0.23mg (13.6%), Vitamin B5: 1.19mg (11.86%)