



Floribbean Grilled Soft-Shell Crabs with Black Bean Salsa

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1873 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 garlic clove pressed
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup olive oil

- ☐ 8 pie crust dough
- ☐ 0.5 onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 medium tomatoes seeded chopped
- ☐ 15.3 ounce corn whole drained canned

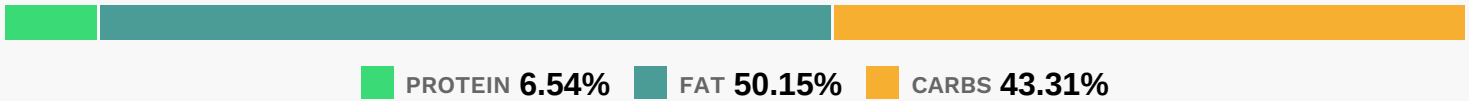
Equipment

- ☐ grill

Directions

- ☐ Combine first 6 ingredients.
- ☐ Pour half of mixture over crabs; cover and chill at least 1 hour.
- ☐ Combine remaining marinade mixture, corn, and next 4 ingredients; cover and chill.
- ☐ Remove crabs from marinade, discarding marinade. Grill crabs over medium-high heat (350 to 400), without lid, 2 minutes on each side or until done.
- ☐ Serve hot or at room temperature with black bean salsa.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:1.02, Inflammation Score:-9, Nutrition Score:35.056522244992%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 1872.94kcal (93.65%), Fat: 104.21g (160.32%), Saturated Fat: 29.95g (187.2%), Carbohydrates: 202.46g (67.49%), Net Carbohydrates: 185.48g (67.45%), Sugar: 2.47g (2.75%), Cholesterol: 0mg (0%), Sodium: 2270.58mg (98.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.59g (61.18%), Manganese: 1.96mg (97.8%), Folate: 347.76µg (86.94%), Vitamin B1: 1.14mg (75.76%), Fiber: 16.98g (67.91%), Iron: 11.59mg (64.39%), Vitamin B3: 11.11mg (55.53%), Vitamin B2: 0.74mg (43.64%), Phosphorus: 427.68mg (42.77%), Vitamin K: 39.01µg (37.15%), Selenium: 20.98µg (29.97%), Potassium: 978.18mg (27.95%), Magnesium: 111.04mg (27.76%), Copper: 0.55mg (27.34%), Vitamin E: 3.89mg (25.95%), Vitamin C: 19mg (23.02%), Zinc: 2.57mg (17.15%), Vitamin B5: 1.67mg (16.72%), Vitamin B6: 0.31mg (15.57%), Calcium: 120.64mg (12.06%), Vitamin A: 545.89IU (10.92%)