



## French in a Flash: Soft-Shell Crab Meunière

READY IN



10 min.

SERVINGS



2

CALORIES



1905 kcal

### Ingredients

- 4 tablespoons butter divided
- 4 jumbo pie crust dough prepared
- 2 servings kosher salt
- 0.6 inch optional: lemon
- 0.5 cup milk
- 2 servings pepper black
- 0.5 cup flour all-purpose

### Equipment

- bowl

frying pan

pot

## Directions

Place the crabs in a bowl of milk. Season the flour with the salt and pepper. Lightly dredge the crabs in the seasoned flour.

In a wide skillet, melt two tablespoons of butter over medium heat.

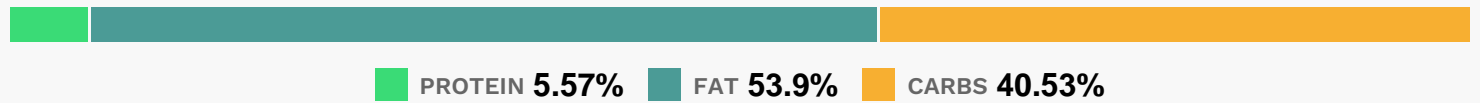
Place the other two tablespoons of butter in a small saucepot over medium-low heat. Melt the butter, and then continue to gently cook it until the butter solids turn golden brown.

Add in the lemon slice and remove from the heat.

Place the crabs in the skillet with the butter and sauté until golden brown, turning once, about 3 minutes per side. Arrange on a platter, and pour the lemony butter sauce over the crabs.

Garnish with parsley and/or extra lemon wedges.

## Nutrition Facts



## Properties

Glycemic Index:110.25, Glycemic Load:18.37, Inflammation Score:-8, Nutrition Score:30.046956176343%

## Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 1905.39kcal (95.27%), Fat: 113.61g (174.78%), Saturated Fat: 43.32g (270.73%), Carbohydrates: 192.16g (64.05%), Net Carbohydrates: 182.77g (66.46%), Sugar: 3.06g (3.4%), Cholesterol: 67.52mg (22.51%), Sodium: 1788.27mg (77.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.43g (52.86%), Manganese: 1.73mg (86.59%), Vitamin B1: 1.22mg (81.09%), Folate: 296.13µg (74.03%), Iron: 10.31mg (57.29%), Vitamin B3: 11.1mg (55.51%), Vitamin B2: 0.83mg (48.61%), Selenium: 31.42µg (44.89%), Fiber: 9.39g (37.57%), Phosphorus: 347.17mg (34.72%), Vitamin K: 27.22µg (25.92%), Vitamin B5: 1.78mg (17.75%), Magnesium: 65.99mg (16.5%), Vitamin A: 802.66IU (16.05%), Calcium: 151.81mg (15.18%), Copper: 0.3mg (15.12%), Vitamin E: 2.27mg (15.1%), Zinc: 2.03mg (13.51%), Potassium: 463.92mg (13.25%), Vitamin B6: 0.22mg (11.14%), Vitamin B12: 0.38µg (6.28%), Vitamin D: 0.67µg (4.47%)