



Fried Soft-Shell Crab

READY IN



50 min.

SERVINGS



6

CALORIES



1102 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large eggs
- ☐ 12 oz evaporated milk canned
- ☐ 6 soft-shell crabs
- ☐ 1.5 teaspoons lawry's seasoned salt
- ☐ 1.5 cups self-rising flour
- ☐ 6 servings vegetable oil

Equipment

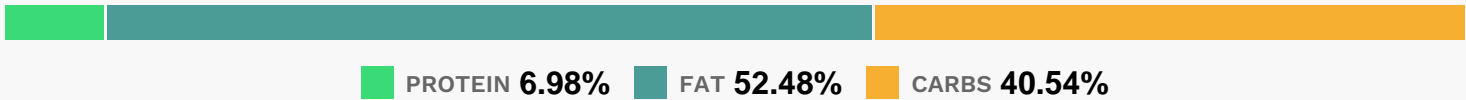
- ☐ bowl

- ☐ paper towels
- ☐ whisk
- ☐ wire rack
- ☐ dutch oven

Directions

- ☐ Pour oil to a depth of 3 inches into a Dutch oven; heat to 36
- ☐ Whisk together milk, egg, and 1/4 cup water in a large bowl.
- ☐ Rinse crabs, and pat dry.
- ☐ Sprinkle crabs with seasoned salt. Dredge crabs in flour; dip in milk mixture, and dredge in flour again. Fry crabs, in batches, in hot oil 2 to 3 minutes on each side or until golden brown.
- ☐ Drain on a wire rack over paper towels.
- ☐ Fried Shrimp: Substitute 2 lb. peeled, large raw shrimp with tails (21/25 count) for soft-shell crab. Prepare recipe as directed, heating oil to 325 and frying shrimp, in batches, 3 to 4 minutes or until golden brown. Prep: 20 min., Fry: 3 min. per batch.
- ☐ Fried Grouper: Substitute 2 lb. grouper, cut into 2-inch fillets, for soft-shell crab. Prepare recipe as directed, heating oil to 350 and frying grouper, in batches, 3 minutes on each side or until golden brown. Prep: 10 min., Fry: 6 min. per batch.
- ☐ Fried Oysters: Substitute 2 pt. fresh oysters, drained, for soft-shell crab. Prepare recipe as directed, frying oysters, in batches, 2 to 3 minutes or until golden brown.
- ☐ Serve immediately. Prep: 10 min., Fry: 2 min. per batch.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:14.68, Inflammation Score:-5, Nutrition Score:18.779130396636%

Nutrients (% of daily need)

Calories: 1101.93kcal (55.1%), Fat: 63.92g (98.33%), Saturated Fat: 18.95g (118.41%), Carbohydrates: 111.07g (37.02%), Net Carbohydrates: 106.07g (38.57%), Sugar: 5.82g (6.47%), Cholesterol: 47.44mg (15.81%), Sodium: 1349.23mg (58.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.13g (38.25%), Manganese: 1.01mg (50.31%),

Selenium: 25.96µg (37.09%), Vitamin K: 38.61µg (36.78%), Vitamin B1: 0.52mg (34.83%), Folate: 137.77µg (34.44%), Vitamin B2: 0.52mg (30.88%), Phosphorus: 284.31mg (28.43%), Iron: 4.96mg (27.57%), Vitamin B3: 5.02mg (25.09%), Fiber: 5g (20%), Calcium: 190mg (19%), Vitamin E: 2.23mg (14.87%), Vitamin B5: 1.31mg (13.15%), Magnesium: 47.94mg (11.98%), Potassium: 379.57mg (10.84%), Zinc: 1.58mg (10.51%), Copper: 0.2mg (9.99%), Vitamin B6: 0.14mg (6.95%), Vitamin A: 182.84IU (3.66%), Vitamin B12: 0.16µg (2.75%), Vitamin D: 0.22µg (1.49%), Vitamin C: 1.08mg (1.31%)