



## Fried Stuffed Soft-Shell Crabs

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 rib celery diced
- 2 tablespoons dijon mustard
- 1 tablespoon basil dried
- 0.5 teaspoon thyme leaves dried
- 1 tablespoon thyme leaves dried
- 3.3 cups breadcrumbs dry divided fine
- 3 large eggs divided
- 2 cups flour all-purpose

- 0.3 bell pepper diced green
- 0.3 teaspoon hot sauce
- 0.5 pound lump crab meat fresh
- 2 tablespoons mayonnaise
- 0.5 teaspoon oregano dried
- 1 tablespoon oregano dried
- 1 tablespoon pepper freshly ground
- 8 servings pepper-garlic sauce red
- 8 small soft-shell crabs
- 2 teaspoons salt
- 8 servings vegetable oil
- 0.3 vidalia onion diced
- 0.5 cup water
- 1.5 teaspoons worcestershire sauce

## Equipment

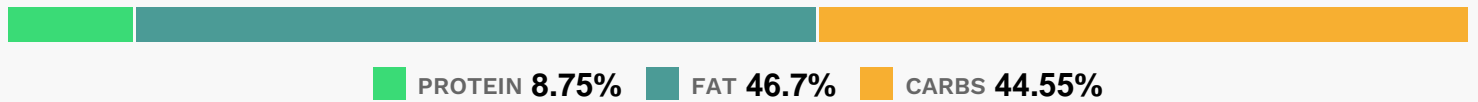
- frying pan
- whisk
- dutch oven

## Directions

- Drain crabmeat, removing any bits of shell.
- Stir together 1 egg, 1/4 cup breadcrumbs, celery, and next 8 ingredients. Fold in crabmeat. Set aside.
- Whisk together remaining 2 eggs and 1/2 cup water. Set aside.
- Stir together remaining 3 cups breadcrumbs, 1 tablespoon thyme, 1 tablespoon oregano, and next 3 ingredients. Set aside.
- Remove spongy substance (gills) from under tapering points on both sides of back shells of crabs.

- Place crabs on their backs, and remove the small piece at lower part of shell that terminates in a point (the apron).
- Cut a pocket in back end of each crab. Wash crabs thoroughly; drain well.
- Stuff about 2 tablespoons crabmeat mixture into crab cavities. Dredge crabs in flour. Dip in egg mixture; coat with crumb mixture.
- Pour oil to a depth of 5 inches into a Dutch oven; heat to 35
- Fry crabs 2 minutes on each side or until golden; drain.
- Serve with Red Pepper-Garlic Sauce.
- For crab cakes, shape crabmeat stuffing mixture into 8 patties.
- Pour oil to depth of 1/2 inch into a large heavy skillet. Fry cakes in hot oil over medium-high heat 1 to 2 minutes on each side.

## Nutrition Facts



### Properties

Glycemic Index:30.13, Glycemic Load:17.39, Inflammation Score:-9, Nutrition Score:34.387825955515%

### Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

### Nutrients (% of daily need)

Calories: 1276kcal (63.8%), Fat: 65.78g (101.2%), Saturated Fat: 17.66g (110.4%), Carbohydrates: 141.21g (47.07%), Net Carbohydrates: 132.92g (48.33%), Sugar: 3.73g (4.14%), Cholesterol: 83.13mg (27.71%), Sodium: 1949.04mg (84.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.73g (55.45%), Manganese: 1.64mg (81.97%), Vitamin B1: 1.18mg (78.46%), Selenium: 48.94µg (69.92%), Vitamin K: 71.47µg (68.06%), Folate: 252.8µg (63.2%), Iron: 10.15mg (56.41%), Vitamin B3: 9.83mg (49.15%), Vitamin B12: 2.88µg (47.93%), Vitamin B2: 0.74mg (43.51%), Phosphorus: 341.63mg (34.16%), Fiber: 8.3g (33.18%), Copper: 0.61mg (30.31%), Zinc: 3.7mg (24.67%), Magnesium: 78.97mg (19.74%), Calcium: 185.16mg (18.52%), Vitamin E: 2.56mg (17.09%), Vitamin B5: 1.51mg (15.08%), Vitamin B6: 0.27mg (13.56%), Potassium: 440.42mg (12.58%), Vitamin C: 6.11mg (7.41%), Vitamin A: 172.88IU (3.46%), Vitamin D: 0.38µg (2.55%)