

Garlic Crab Legs

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



407 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups butter
- 3.5 pounds surimi crab sticks with shell
- 6 ears corn fresh
- 3 teaspoons garlic minced
- 1 teaspoon old bay seasoning to taste
- 0.1 teaspoon pepper red crushed

Equipment

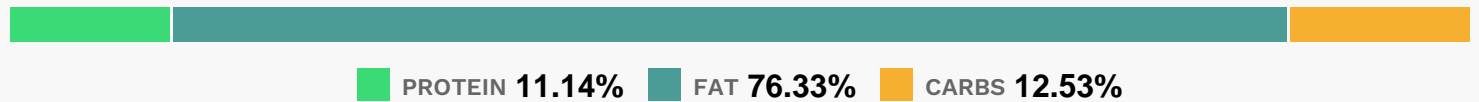
- sauce pan

pot

Directions

- In a very large stock pot, bring a large amount of water to boil.
- Place crab legs and corn in the pot of boiling water. Boil until the corn is tender, and the crab legs are opaque and flaky. The crab may finish cooking before the corn, check the corn and crab every 5 minutes to see if they are finished cooking. When finished cooking, drain well.
- Cut a slit into each of the crab leg shells to make it easier for your guests to get to the meat.
- In a large saucepan, melt butter or margarine, garlic, red pepper, and Old Bay™ seasoning. Stir in the crab and corn, and saute them for 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.12, Inflammation Score:-7, Nutrition Score:13.390869721122%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 407.43kcal (20.37%), Fat: 35.76g (55.01%), Saturated Fat: 22.15g (138.44%), Carbohydrates: 13.2g (4.4%), Net Carbohydrates: 11.79g (4.29%), Sugar: 4.27g (4.75%), Cholesterol: 112.35mg (37.45%), Sodium: 699.33mg (30.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.74g (23.49%), Vitamin B12: 4.54µg (75.62%), Selenium: 19.07µg (27.25%), Copper: 0.5mg (24.98%), Vitamin A: 1217.72IU (24.35%), Zinc: 3.32mg (22.15%), Phosphorus: 181.18mg (18.12%), Folate: 51.84µg (12.96%), Magnesium: 51.02mg (12.76%), Vitamin C: 8.44mg (10.24%), Vitamin B3: 1.78mg (8.89%), Vitamin B1: 0.13mg (8.74%), Potassium: 300.5mg (8.59%), Manganese: 0.16mg (8.19%), Vitamin B6: 0.16mg (7.82%), Vitamin B5: 0.71mg (7.11%), Vitamin E: 1.05mg (7.01%), Fiber: 1.41g (5.65%), Vitamin K: 5.25µg (5%), Vitamin B2: 0.07mg (4.41%), Iron: 0.76mg (4.25%), Calcium: 39.02mg (3.9%)