



Grilled Soft Shell Crab Sandwich with Red Slaw and Yellow Tomatoes

 Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



1891 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup canola oil
- 1 teaspoon celery salt
- 0.1 teaspoon ground cayenne
- 0.3 teaspoon ground pepper black
- 0.3 cup catsup
- 1 teaspoon kosher salt
- 4 servings kosher salt and pepper black freshly ground

- 8 small shell crabs soft cleaned
- 2 tablespoons red wine vinegar
- 4 buns soft
- 0.5 small head cabbage white finely chopped
- 2 tomatoes yellow cut into 1/4-inch-thick slices

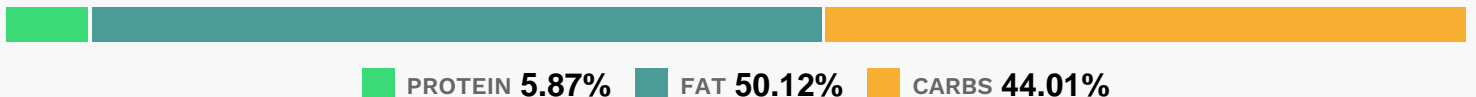
Equipment

- bowl
- whisk
- grill

Directions

- Whisk together the ketchup, red wine vinegar, celery salt, kosher salt, black pepper and cayenne in a large bowl.
- Add the cabbage and toss to combine. Cover and refrigerate for at least 1 hour and up to 24 hours before serving. Taste for seasoning just before serving.
- Heat a charcoal or gas grill to high heat direct grilling.
- Brush both sides of the crabs with oil and sprinkle with salt and pepper. Grill until the crabs are just firm to the touch, 2 to 4 minutes per side, depending on the size.
- Place 1 large or 2 small crabs on the grilled buns, top with a large spoonful of coleslaw and 2 slices of tomatoes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:24.29, Inflammation Score:-7, Nutrition Score:33.968260993128%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 1890.53kcal (94.53%), Fat: 104.96g (161.48%), Saturated Fat: 28.81g (180.05%), Carbohydrates: 207.33g (69.11%), Net Carbohydrates: 195.41g (71.06%), Sugar: 10.39g (11.54%), Cholesterol: 0mg (0%), Sodium: 2998.75mg (130.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.68g (55.35%), Iron: 20.03mg (111.3%), Vitamin K: 103.5µg (98.57%), Manganese: 1.7mg (84.87%), Folate: 277.98µg (69.5%), Vitamin B1: 0.99mg (66.12%), Vitamin B3: 9.62mg (48.09%), Fiber: 11.92g (47.67%), Vitamin C: 33.41mg (40.5%), Vitamin B2: 0.64mg (37.64%), Vitamin E: 4.39mg (29.25%), Selenium: 19.77µg (28.25%), Phosphorus: 273.22mg (27.32%), Magnesium: 64.53mg (16.13%), Vitamin B5: 1.58mg (15.77%), Vitamin B6: 0.31mg (15.34%), Potassium: 532.38mg (15.21%), Copper: 0.29mg (14.5%), Zinc: 1.73mg (11.51%), Calcium: 111.25mg (11.13%), Vitamin A: 195.05IU (3.9%)