



Kerala Boatman's Crab Curry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chiles de árbol dried red hot
- ☐ 1 teaspoon mustard seeds black
- ☐ 0.5 teaspoon peppercorns black
- ☐ 6 servings brown basmati rice white cooked
- ☐ 0.3 cup cilantro sprigs fresh packed
- ☐ 1.5 teaspoons coarse salt to taste
- ☐ 1.5 cups laxmi's coconut milkor coconut milk fresh unsweetened canned
- ☐ 1 inch gingerroot fresh

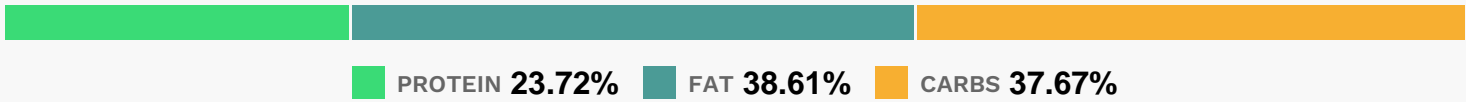
- ☐ 3 large garlic cloves
- ☐ 1 teaspoon ground coriander seeds
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 pounds lump crab meat
- ☐ 1 medium onion
- ☐ 6 servings garnish: scallion greens sliced
- ☐ 0.5 teaspoon turmeric
- ☐ 2 tablespoons vegetable oil

Equipment

Directions

- ☐ Pick over crab meat to remove any bits of shell and cartilage. Chop onion and mince garlic. Peel gingerroot and mince. Wearing protective gloves, break chiles into 1-inch pieces and reserve, along with any seeds.
- ☐ In a 4- to 5-quart kettle heat oil over moderately high heat until hot but not smoking and cook mustard seeds until they begin to pop. Stir in onion, garlic, gingerroot, reserved chiles with seeds, and peppercorns and cook, stirring, until chiles are just browned, 3 to 4 minutes. Stir in other spices until combined well.
- ☐ Add crab and cook mixture, gently stirring occasionally (avoid breaking up crab), about 4 minutes.
- ☐ While crab mixture is cooking, chop cilantro. Stir cilantro into crab mixture with coconut milk and salt and simmer until slightly thickened, 6 to 8 minutes.
- ☐ Spoon curry over rice and garnish with scallion greens.

Nutrition Facts



Properties

Glycemic Index:55.63, Glycemic Load:22.54, Inflammation Score:-9, Nutrition Score:29.055652151937%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

Nutrients (% of daily need)

Calories: 437.99kcal (21.9%), Fat: 18.94g (29.14%), Saturated Fat: 11.78g (73.62%), Carbohydrates: 41.58g (13.86%), Net Carbohydrates: 39.01g (14.19%), Sugar: 1.08g (1.19%), Cholesterol: 47.63mg (15.88%), Sodium: 1542.06mg (67.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.19g (52.37%), Vitamin B12: 10.21µg (170.1%), Manganese: 2.41mg (120.39%), Copper: 1.34mg (67%), Selenium: 42.81µg (61.16%), Zinc: 8.18mg (54.53%), Phosphorus: 446.99mg (44.7%), Magnesium: 158.84mg (39.71%), Vitamin B6: 0.48mg (24.18%), Vitamin K: 23.77µg (22.64%), Iron: 4mg (22.24%), Folate: 76.27µg (19.07%), Vitamin B3: 3.81mg (19.03%), Vitamin B1: 0.28mg (18.7%), Potassium: 566.78mg (16.19%), Vitamin C: 11.92mg (14.45%), Vitamin B5: 1.25mg (12.45%), Fiber: 2.57g (10.27%), Calcium: 99.05mg (9.91%), Vitamin B2: 0.09mg (5.2%), Vitamin A: 183.06IU (3.66%), Vitamin E: 0.48mg (3.19%)