



King Crab

READY IN



20 min.

SERVINGS



4

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 3 tablespoons chives chopped
- ☐ 4 king crab legs thawed
- ☐ 3 eggs beaten
- ☐ 4 servings flour all-purpose for dredging
- ☐ 1 clove garlic chopped
- ☐ 1 sleeve saltines

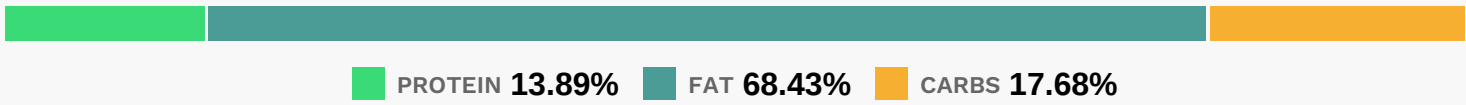
Equipment

- ☐ frying pan
- ☐ rolling pin

Directions

- ☐ Split king crab legs and remove meat. Set aside.
- ☐ Crack and beat 3 eggs in a shallow pie plate.
- ☐ Place a sleeve of saltines in a plastic gallon freezer bag and crush with a rolling pin until fine.
- ☐ Dredge the king crab legs in the flour, the eggs, and then the crushed saltines.
- ☐ Set on half sheet tray to reserve. Repeat.
- ☐ Heats the skillet over medium heat and add 3 tablespoons of butter. Once it foams add
- ☐ the crab meat. Rotate them to cook on all sides.
- ☐ Add the garlic and continue to cook until golden brown.
- ☐ Garnish with 3 tablespoons of chopped chives.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:4.23, Inflammation Score:-3, Nutrition Score:5.3230434811634%

Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 155.54kcal (7.78%), Fat: 11.82g (18.18%), Saturated Fat: 6.46g (40.37%), Carbohydrates: 6.87g (2.29%), Net Carbohydrates: 6.57g (2.39%), Sugar: 0.21g (0.23%), Cholesterol: 145.76mg (48.58%), Sodium: 130.14mg (5.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.79%), Selenium: 13.35µg (19.07%), Vitamin B2: 0.2mg (11.7%), Vitamin A: 538.85IU (10.78%), Folate: 33.38µg (8.35%), Phosphorus: 81.37mg (8.14%), Vitamin B12: 0.4µg (6.7%), Iron: 1.02mg (5.69%), Vitamin B5: 0.57mg (5.69%), Vitamin K: 5.85µg (5.57%), Vitamin B1: 0.08mg (5.44%), Vitamin D: 0.66µg (4.4%), Manganese: 0.09mg (4.4%), Vitamin E: 0.61mg (4.06%), Zinc: 0.57mg (3.82%), Vitamin B6: 0.07mg (3.71%), Vitamin B3: 0.55mg (2.76%), Calcium: 26.16mg (2.62%), Copper: 0.05mg (2.53%), Potassium: 68.93mg (1.97%), Vitamin C: 1.61mg (1.95%), Magnesium: 7.61mg (1.9%), Fiber: 0.3g (1.18%)