



King Crab with Lemon Grass-Ginger Butter and Roasted Potatoes

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



6

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 pounds alaska king crab legs frozen thawed cooked (see notes)
- ☐ 1 tablespoon basil leaves dried fresh minced
- ☐ 1 teaspoon garlic minced
- ☐ 6 servings lemon grass-ginger butter (see notes)
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 1 tablespoon parsley minced
- ☐ 1.8 pounds thin-skinned potatoes red (each)

☐ 2 tablespoons shallots minced

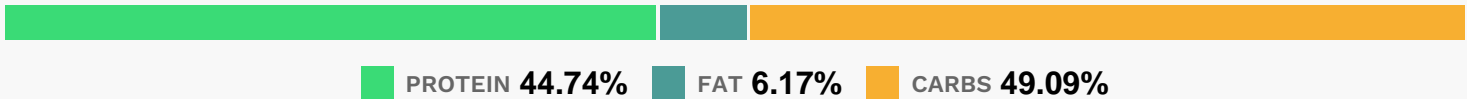
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Scrub potatoes; cut each in half across widest dimension and brush cut sides with lemon grass-ginger butter, about 1 tablespoon total. Set potatoes cut side up in a shallow 3-quart casserole (about 9 by 13 in.).
- ☐ Bake in a 400 regular or convection oven for 20 minutes. Turn potatoes cut side down and bake until well browned and tender when pierced, 20 to 30 minutes longer.
- ☐ Meanwhile, in a small bowl, mix parmesan cheese, shallot, parsley, and garlic. When potatoes are done, sprinkle mixture evenly over them. Cover and keep warm.
- ☐ Arrange crab legs in a single layer in an 11- by 17-inch pan.
- ☐ Brush with lemon grass-ginger butter, using about 2 tablespoons total. Broil 4 to 6 inches from heat until meat is hot in center of thickest part of leg (cut where cracked to test), 8 to 10 minutes.
- ☐ Transfer crab legs to a platter, arrange potatoes around them, and sprinkle with the minced fresh basil.
- ☐ Serve with the remaining lemon grass-ginger butter to add to taste.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:21.591304343518%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 184.93kcal (9.25%), Fat: 1.26g (1.94%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 22.58g (7.53%), Net Carbohydrates: 19.94g (7.25%), Sugar: 1.99g (2.21%), Cholesterol: 41.14mg (13.71%), Sodium: 844.41mg (36.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.58g (41.17%), Vitamin B12: 8.53µg (142.12%), Copper: 1.07mg (53.57%), Selenium: 35.78µg (51.12%), Zinc: 6.23mg (41.52%), Phosphorus: 304.21mg (30.42%), Vitamin K: 26.26µg (25.01%), Potassium: 839.39mg (23.98%), Vitamin C: 19.33mg (23.43%), Magnesium: 82.49mg (20.62%), Vitamin B6: 0.4mg (19.8%), Manganese: 0.36mg (17.89%), Folate: 70.47µg (17.62%), Vitamin B3: 2.62mg (13.12%), Iron: 2.3mg (12.78%), Fiber: 2.64g (10.56%), Vitamin B1: 0.15mg (10.2%), Calcium: 90.07mg (9.01%), Vitamin B5: 0.73mg (7.27%), Vitamin B2: 0.1mg (5.8%), Vitamin A: 107.72IU (2.15%)