



Macadamia-Herb Crusted Soft-Shell Crabs

READY IN



45 min.

SERVINGS



3

CALORIES



2253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.8 cup breadcrumbs dry fine
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 garlic clove
- ☐ 0.3 cup heavy whipping cream
- ☐ 0.3 cup macadamia nuts
- ☐ 1 cup milk

- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons oregano fresh
- ☐ 0.5 cup parsley fresh italian
- ☐ 6 soft-shell crabs
- ☐ 0.5 teaspoon salt

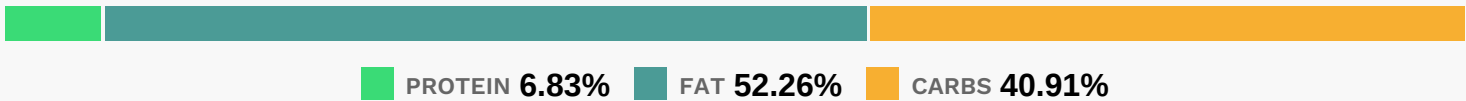
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Process first 4 ingredients in a food processor until finely chopped. (Do not overprocess because nuts will become oily.) Stir in breadcrumbs and salt; set aside.
- ☐ Combine milk and eggs.
- ☐ Dredge crabs in flour; dip in milk mixture; and coat with nut mixture.
- ☐ Saut crabs in oil in a large skillet 2 to 3 minutes on each side.
- ☐ Remove and keep warm.
- ☐ Add wine to skillet. Cook over medium-high heat until wine is reduced by half. Stir in whipping cream, and cook until hot and slightly thickened.
- ☐ Remove from heat, and stir in butter.
- ☐ Serve immediately with soft-shell crabs.

Nutrition Facts



Properties

Glycemic Index:68.33, Glycemic Load:24.89, Inflammation Score:-10, Nutrition Score:48.06782589788%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin:

0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 2252.53kcal (112.63%), Fat: 128.94g (198.38%), Saturated Fat: 39.51g (246.92%), Carbohydrates: 227.07g (75.69%), Net Carbohydrates: 213.5g (77.64%), Sugar: 7.53g (8.36%), Cholesterol: 156.17mg (52.06%), Sodium: 2157.61mg (93.81%), Alcohol: 4.12g (100%), Alcohol %: 0.83% (100%), Protein: 37.94g (75.88%), Vitamin K: 218.22µg (207.83%), Manganese: 2.76mg (137.8%), Vitamin B1: 1.74mg (115.93%), Folate: 384.45µg (96.11%), Iron: 15.12mg (84%), Selenium: 53.43µg (76.33%), Vitamin B2: 1.25mg (73.56%), Vitamin B3: 14.17mg (70.84%), Fiber: 13.57g (54.27%), Phosphorus: 536.6mg (53.66%), Vitamin A: 1839.75IU (36.8%), Calcium: 337.13mg (33.71%), Vitamin E: 4.56mg (30.41%), Magnesium: 119.98mg (30%), Vitamin B5: 2.76mg (27.61%), Copper: 0.54mg (26.81%), Zinc: 3.43mg (22.84%), Potassium: 789.14mg (22.55%), Vitamin B6: 0.44mg (22.1%), Vitamin C: 13.96mg (16.92%), Vitamin B12: 0.87µg (14.52%), Vitamin D: 1.88µg (12.52%)