



Ol' Fuskie Fried Crab Rice



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 strips bacon
- ☐ 1 stalk celery chopped
- ☐ 1.5 pounds crab meat lump or claw
- ☐ 1 tablespoon garlic powder
- ☐ 1 medium bell pepper green chopped
- ☐ 1 medium onion chopped
- ☐ 1.5 cups rice uncooked
- ☐ 1 pinch salt

- ☐ 6 servings salt and pepper black
- ☐ 0.3 cup vegetable oil
- ☐ 2.3 cups warm water

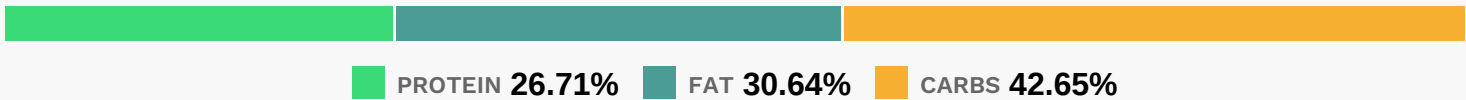
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Measure the dry rice; then rinse and drain it several times. Put it the rice, water, and salt in a medium pot. Cover, bring to a boil, and simmer until the rice is done and the water is absorbed, about 20 minutes or more.
- ☐ Fry the bacon until crispy in a 12-inch skillet; when the bacon is done, remove it from the pan, set aside, and crumble when cool.
- ☐ Add the oil to the bacon fat in the skillet and heat.
- ☐ Add the celery, bell pepper, and onion. Stir-fry until the onions are clear; then add the crab and cook until the crab begins to brown, another 5 to 10 minutes.
- ☐ Add the crumbled bacon, cooked rice, and garlic powder, along with salt and pepper to taste, and stir constantly until evenly combined. Cover the mixture and simmer for at least 10 minutes. (If you'd like a meatier mixture, just use more crab and less rice.)

Nutrition Facts



Properties

Glycemic Index:22.53, Glycemic Load:22.76, Inflammation Score:-6, Nutrition Score:22.77347832983%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 391.59kcal (19.58%), Fat: 13.05g (20.08%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 40.87g (13.62%), Net Carbohydrates: 39.39g (14.33%), Sugar: 1.43g (1.59%), Cholesterol: 52.47mg (17.49%), Sodium: 1211.01mg (52.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.6g (51.21%), Vitamin B12: 10.24µg (170.71%), Selenium: 50.17µg (71.67%), Copper: 1.19mg (59.72%), Zinc: 7.45mg (49.68%), Phosphorus: 328.49mg (32.85%), Vitamin C: 25.46mg (30.86%), Manganese: 0.61mg (30.6%), Vitamin K: 20.25µg (19.29%), Magnesium: 74.48mg (18.62%), Vitamin B6: 0.36mg (17.94%), Folate: 62.09µg (15.52%), Vitamin B3: 2.43mg (12.15%), Potassium: 393.8mg (11.25%), Vitamin B5: 0.98mg (9.75%), Vitamin B1: 0.13mg (8.55%), Calcium: 78.19mg (7.82%), Iron: 1.27mg (7.04%), Vitamin E: 0.93mg (6.2%), Fiber: 1.48g (5.91%), Vitamin B2: 0.09mg (5.5%), Vitamin A: 133.61IU (2.67%)