

**86%**
HEALTH SCORE

Oven-Roasted Dungeness Crab



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



1328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter ()
- ☐ 4.3 pounds crabs cleaned cooked
- ☐ 2 tablespoons parsley fresh divided chopped
- ☐ 2 tablespoons thyme sprigs fresh divided chopped
- ☐ 2 tablespoons garlic minced
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup blood orange juice
- ☐ 1 teaspoon blood oranges finely grated

- ☐ 1.5 teaspoons pepper dried red crushed
- ☐ 1 tablespoon shallots minced

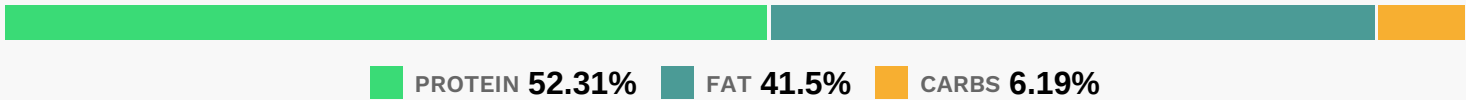
Equipment

- ☐ frying pan
- ☐ oven
- ☐ tongs

Directions

- ☐ Preheat oven to 500°F. Melt butter with oil in heavy large ovenproof skillet over medium-high heat. Stir in garlic, shallot, and dried crushed red pepper.
- ☐ Add crabs; sprinkle with salt and pepper.
- ☐ Sprinkle 1 tablespoon chopped thyme and 1 tablespoon chopped parsley over crabs. Stir to combine.
- ☐ Place skillet in oven and roast crabs until heated through, stirring once, about 12 minutes.
- ☐ Using tongs, transfer crabs to platter.
- ☐ Add orange juice and peel to same skillet; boil until sauce is reduced by about half, about 5 minutes. Spoon sauce over crabs.
- ☐ Sprinkle with remaining 1 tablespoon thyme and 1 tablespoon parsley and serve.
- ☐ These large crabs are prized for their sweet, tender meat. They're named for Dungeness, Washington, where they were first harvested commercially, but they are caught in the Pacific Ocean all the way from Alaska to Mexico.

Nutrition Facts



Properties

Glycemic Index:140.75, Glycemic Load:4.71, Inflammation Score:-10, Nutrition Score:68.420435283495%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg Naringenin: 1.7mg, Naringenin: 1.7mg, Naringenin: 1.7mg, Naringenin: 1.7mg Apigenin: 8.82mg, Apigenin: 8.82mg, Apigenin: 8.82mg, Apigenin: 8.82mg Luteolin: 3.25mg, Luteolin: 3.25mg, Luteolin: 3.25mg, Luteolin: 3.25mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 1328.39kcal (66.42%), Fat: 59.9g (92.15%), Saturated Fat: 19.68g (123.01%), Carbohydrates: 20.09g (6.7%), Net Carbohydrates: 17.94g (6.52%), Sugar: 6.07g (6.75%), Cholesterol: 629.7mg (209.9%), Sodium: 3056.5mg (132.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 169.85g (339.71%), Vitamin B12: 86.8µg (1446.63%), Selenium: 359.46µg (513.52%), Copper: 6.61mg (330.65%), Zinc: 41.56mg (277.09%), Phosphorus: 1801.44mg (180.14%), Vitamin B3: 30.95mg (154.76%), Magnesium: 459.87mg (114.97%), Folate: 455.89µg (113.97%), Potassium: 3690.51mg (105.44%), Vitamin C: 85.48mg (103.61%), Vitamin B2: 1.7mg (99.98%), Vitamin B6: 1.65mg (82.44%), Vitamin K: 85.66µg (81.58%), Vitamin A: 2821.33IU (56.43%), Manganese: 1.08mg (54.05%), Calcium: 513.42mg (51.34%), Vitamin B5: 3.65mg (36.49%), Vitamin B1: 0.54mg (36.13%), Vitamin E: 5.19mg (34.57%), Iron: 5.77mg (32.08%), Fiber: 2.15g (8.58%)