



Panfried Soft-Shell Crabs with Wilted Escarole

READY IN



45 min.

SERVINGS



4

CALORIES



1088 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 fillet anchovy finely chopped
- 1 large head endive cored cut into 1/2 -inch-wide strips
- 0.5 cup flour all-purpose
- 2 large garlic cloves minced
- 2 tablespoons juice of lemon fresh
- 1.5 teaspoons olive oil extra-virgin
- 4 medium soft-shell crabs cleaned
- 4 servings salt and pepper freshly ground
- 5 tablespoons butter unsalted

3 tablespoons vegetable oil

Equipment

frying pan

paper towels

Directions

In a nonreactive medium sauce-pan, warm the olive oil.

Add the escarole and cook over high heat, stirring, until wilted. Reduce the heat to moderate, add the garlic and stir for 2 minutes. Stir in the anchovy fillets and oil; reduce the heat to moderately low. Cover and cook, stirring twice, until the escarole is tender, about 4 minutes.

Add the lemon juice and swirl in 2 tablespoons of the butter.

Remove from the heat.

On a large flat plate, mix the flour with 1 teaspoon salt and 1/2 teaspoon pepper. Pat the crabs dry with paper towels. Dredge them in the flour, shaking off the excess.

In a large skillet, heat the oil until shimmering.

Add the remaining 3 tablespoons butter; when it stops sizzling, put in the crabs, undersides up. Fry over high heat, turning once, until crisp and cooked through, about 7 minutes. Reduce the heat if the oil gets too smoky.

Gently reheat the escarole and taste for seasoning. Spoon the escarole and lemon sauce onto plates, set the crabs on top and serve hot.

Nutrition Facts

 **PROTEIN 5.2%**  **FAT 58.36%**  **CARBS 36.44%**

Properties

Glycemic Index:37.5, Glycemic Load:8.89, Inflammation Score:-10, Nutrition Score:27.799564991308%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 11.37mg, Kaempferol: 11.37mg, Kaempferol: 11.37mg, Kaempferol: 11.37mg Myricetin:

0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1088.31kcal (54.42%), Fat: 70.71g (108.79%), Saturated Fat: 24.73g (154.57%), Carbohydrates: 99.37g (33.12%), Net Carbohydrates: 91.16g (33.15%), Sugar: 0.54g (0.6%), Cholesterol: 38.83mg (12.94%), Sodium: 918.52mg (39.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.17g (28.34%), Vitamin K: 293.25µg (279.28%), Folate: 309.59µg (77.4%), Manganese: 1.36mg (67.95%), Vitamin A: 2878.48IU (57.57%), Vitamin B1: 0.69mg (45.8%), Iron: 6.19mg (34.39%), Fiber: 8.21g (32.85%), Vitamin B3: 6.27mg (31.34%), Vitamin B2: 0.46mg (27.32%), Selenium: 16.34µg (23.34%), Vitamin E: 2.77mg (18.44%), Vitamin B5: 1.82mg (18.2%), Phosphorus: 181.35mg (18.14%), Potassium: 560.52mg (16.01%), Copper: 0.27mg (13.71%), Vitamin C: 10.68mg (12.95%), Zinc: 1.83mg (12.23%), Magnesium: 47.81mg (11.95%), Calcium: 103.58mg (10.36%), Vitamin B6: 0.14mg (6.99%), Vitamin D: 0.26µg (1.75%)