



Potato Galettes with Crab, Shrimp, and Asparagus

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 asparagus trimmed to 3 inches
- 1 cup beef broth unsalted canned
- 5 ounces crab meat
- 2 tablespoons chives fresh minced
- 1 leek white green thinly sliced (and pale parts only)
- 1 cup chicken broth canned
- 2 medium baking potatoes peeled cut into 1/8-inch-thick rounds

- 0.3 cup shallots chopped (2 medium)
- 12 large shrimp deveined uncooked peeled
- 5 tablespoons butter unsalted
- 4 teaspoons vegetable oil
- 2 tablespoons whipping cream

Equipment

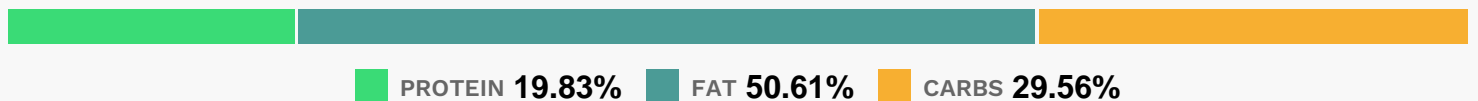
- bowl
- frying pan
- baking sheet
- sauce pan
- whisk
- plastic wrap
- microwave

Directions

- Boil stocks and shallots in saucepan until reduced to 3/4 cup, 20 minutes. Set aside. Cook asparagus in boiling salted water until crisp-tender, 3 minutes.
- Transfer to bowl of ice water to cool.
- Drain.
- Line microwave-safe plate with plastic wrap. Overlap enough potato rounds (about 1
- on plastic to form 4-inch round. Microwave on high until almost tender, about 3 minutes.
- Transfer potato galette to baking sheet.
- Drizzle with 1 teaspoon oil.
- Sprinkle with salt and pepper. Repeat with remaining potatoes and 3 teaspoons oil to form total of 4 galettes. (Reduced stock, asparagus, and galettes can be made 6 hours ahead. Cover and chill.) Melt 1 tablespoon butter in medium skillet over medium heat.
- Add leek. Cover and cook until just tender, stirring occasionally, 5 minutes.
- Add crab, cream, and chives; simmer to heat through. Season with salt and pepper.

- Remove from heat. Cover to keep warm. Melt 2 tablespoons butter in heavy large skillet over medium-high heat.
- Add shrimp; sauté until just opaque in center, 3 minutes.
- Add asparagus; toss to heat through. Season with salt and pepper.
- Meanwhile, heat remaining 2 tablespoons oil in another large skillet over medium-high heat.
- Add galettes and cook until crisp and brown, 1 1/2 minutes per side; transfer 1 galette to each of 4 plates. Bring reduced stock to simmer.
- Remove from heat.
- Add remaining 2 tablespoons butter; whisk just until melted.
- Top potato galettes with crab mixture. Arrange shrimp atop crab. Surround with asparagus. Spoon stock over.

Nutrition Facts



Properties

Glycemic Index:55.94, Glycemic Load:17.18, Inflammation Score:-9, Nutrition Score:23.974347850551%

Flavonoids

Isorhamnetin: 5.57mg, Isorhamnetin: 5.57mg, Isorhamnetin: 5.57mg, Isorhamnetin: 5.57mg Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 13.51mg, Quercetin: 13.51mg, Quercetin: 13.51mg, Quercetin: 13.51mg

Nutrients (% of daily need)

Calories: 387.67kcal (19.38%), Fat: 22.55g (34.69%), Saturated Fat: 11.71g (73.21%), Carbohydrates: 29.63g (9.88%), Net Carbohydrates: 25.32g (9.21%), Sugar: 4.83g (5.37%), Cholesterol: 109.28mg (36.43%), Sodium: 590.32mg (25.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.88g (39.76%), Vitamin K: 65.36µg (62.25%), Vitamin B12: 3.33µg (55.53%), Copper: 0.81mg (40.55%), Vitamin A: 1719.7IU (34.39%), Vitamin B6: 0.63mg (31.4%), Phosphorus: 301.88mg (30.19%), Potassium: 977.86mg (27.94%), Folate: 103.29µg (25.82%), Manganese: 0.5mg (25.19%), Selenium: 16.77µg (23.95%), Iron: 4.24mg (23.57%), Zinc: 3.52mg (23.5%), Vitamin C: 18.7mg (22.66%), Magnesium: 78.43mg (19.61%), Vitamin B3: 3.85mg (19.24%), Vitamin B1: 0.27mg (17.79%), Fiber: 4.31g (17.25%), Vitamin B2: 0.25mg (14.56%), Vitamin E: 2.15mg (14.35%), Calcium: 107.47mg (10.75%), Vitamin B5: 0.84mg (8.37%), Vitamin D: 0.38µg (2.55%)