



WHATSheATE



Puerto Rican Crab



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cooking wine dry white
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup bell pepper green chopped
- ☐ 1 lime cut into wedges
- ☐ 1 pound lump crab meat picked over
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion chopped

- ☐ 0.5 teaspoon oregano dried
- ☐ 1 teaspoon pepper sauce hot
- ☐ 4 pimiento-stuffed olives chopped
- ☐ 0.5 cup tomato sauce
- ☐ 4 small scalloped dishes
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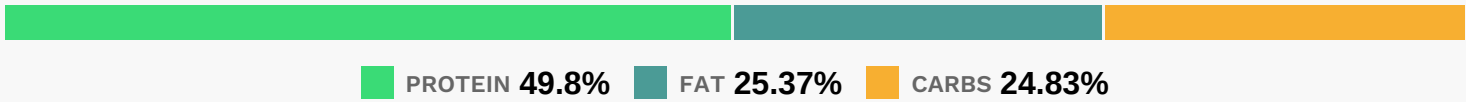
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in large nonstick skillet over medium-high heat.
- ☐ Add onion, bell pepper, garlic, and oregano; sauté until soft, about 6 minutes.
- ☐ Add tomato sauce and wine and boil until almost evaporated, about 1 minute.
- ☐ Add crabmeat; lower heat to medium, cover, and cook 5 minutes. Stir in olives, cilantro, and hot sauce. Season to taste with salt and pepper.
- ☐ Remove from heat.
- ☐ Let stand 5 minutes. Spoon mixture into crab shells, if desired. Squeeze juice from lime wedges over and serve.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:2.46, Inflammation Score:-8, Nutrition Score:20.730869396873%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 7.32mg, Hesperetin: 7.32mg, Hesperetin: 7.32mg, Hesperetin: 7.32mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin:

3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.54mg, Quercetin: 12.54mg, Quercetin: 12.54mg, Quercetin: 12.54mg

Nutrients (% of daily need)

Calories: 197.86kcal (9.89%), Fat: 5.02g (7.72%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 11.04g (3.68%), Net Carbohydrates: 8.66g (3.15%), Sugar: 4.49g (4.99%), Cholesterol: 47.63mg (15.88%), Sodium: 1186.95mg (51.61%), Alcohol: 3.09g (100%), Alcohol %: 1.45% (100%), Protein: 22.15g (44.31%), Vitamin B12: 10.21µg (170.1%), Selenium: 42.12µg (60.17%), Copper: 1.13mg (56.69%), Zinc: 7.01mg (46.74%), Vitamin C: 28.13mg (34.1%), Phosphorus: 287.27mg (28.73%), Magnesium: 72.66mg (18.17%), Vitamin B6: 0.34mg (16.97%), Folate: 67.5µg (16.88%), Potassium: 477.41mg (13.64%), Manganese: 0.24mg (11.81%), Fiber: 2.38g (9.53%), Calcium: 88.38mg (8.84%), Vitamin B3: 1.77mg (8.83%), Vitamin E: 1.23mg (8.21%), Iron: 1.47mg (8.14%), Vitamin B1: 0.1mg (6.68%), Vitamin B5: 0.64mg (6.38%), Vitamin B2: 0.1mg (5.86%), Vitamin K: 6.08µg (5.79%), Vitamin A: 232.33IU (4.65%)