



## Quick Crab Cioppino

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup wine dry white
- 2 crabs cleaned cooked (see below)
- 3 cups fat-skimmed beef broth
- 2 tablespoons basil dried fresh chopped
- 2 teaspoons thyme sprigs dried fresh
- 2 cloves garlic minced peeled
- 2 tablespoons olive oil
- 0.5 lb onion peeled chopped

- 1 tablespoon oregano dried fresh chopped
- 4 servings salt and pepper
- 0.3 cup tomato paste

## Equipment

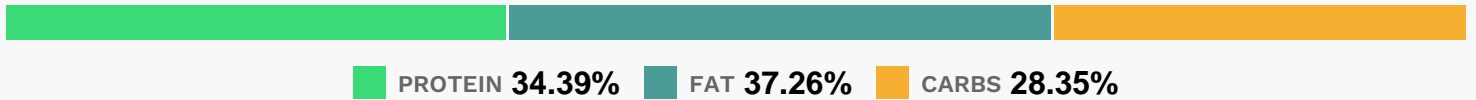
- bowl
- frying pan
- ladle
- knife

## Directions

- Pour olive oil into a 5- to 6-quart pan over medium-high heat. When hot, add onion and garlic and stir often until limp, 3 to 4 minutes.
- Add broth, wine, tomato paste, basil, oregano, and thyme; stir often until boiling. Reduce heat and simmer, stirring occasionally, to blend flavors, about 10 minutes.
- Add salt and pepper to taste.
- Add crabs and simmer, occasionally stirring gently, until hot, about 5 minutes.
- Ladle crabs and broth mixture into wide bowls and garnish with basil sprigs.
- How to cook crab
- Keep live crabs loosely covered in the refrigerator up to 12 hours. Grasp crabs carefully from the rear end, between the legs, and put in a pan to make sure they fit, with 3 to 4 inches of clearance below pan rim.
- Remove crabs and fill pan with enough water to cover crabs by 2 to 3 inches. Cover pan and bring water to a boil over high heat.
- One at a time, grasp crabs as described above and plunge them headfirst into the boiling water; if you have too much water, ladle out excess and discard. Cover pan and start timing. When water resumes boiling, reduce heat to a simmer. Cook 1 1/2- to 2 1/2-pound crabs 15 minutes, 3-pound crabs about 20 minutes.
- Drain crabs; to be able to handle quickly, rinse briefly with cool water.
- How to clean, crack, and shell crab
- Pull off and discard triangular flap from belly side.

- Turn crab belly side down; pulling from the rear end, lift off back shell.
- Drain and discard liquid from shell. If desired, scoop soft, golden crab butter and white crab fat from shell into a small bowl to eat by the spoonful with crab or to stir into a dipping sauce. If using back shell for garnish, break bony section (mouth) from front end of shell and discard. Rinse shell well and drain.
- On the body section, pull off and discard reddish membrane that covers the center (if it hasn't come off with the back) and any loose pieces. Scoop out any remaining golden butter and add to bowl. Pull off and discard long, spongy gills from sides of body. Rinse body well with cool water.
- Twist legs and claws from body. Using a nutcracker or wood mallet, crack the shell of each leg and claw section. With a knife, cut the body into quarters.
- Break apart legs and claws; using your fingers, a small fork, a pick, or a crab leg tip, remove meat. Pull body sections apart and dig out pockets of meat. Discard shells. One cooked, cleaned 1 3/4- to 2-pound crab (with back shell) yields 7 1/2 to 8 ounces (1 1/3 to 1 1/2 cups) of meat; heavier crabs do not always have more meat.

## Nutrition Facts



### Properties

Glycemic Index:41.75, Glycemic Load:3.06, Inflammation Score:-10, Nutrition Score:23.153043311575%

### Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.56mg, Quercetin: 11.56mg, Quercetin: 11.56mg, Quercetin: 11.56mg

### Nutrients (% of daily need)

Calories: 239.78kcal (11.99%), Fat: 8.4g (12.92%), Saturated Fat: 1.19g (7.42%), Carbohydrates: 14.38g (4.79%), Net Carbohydrates: 11.07g (4.02%), Sugar: 5.99g (6.66%), Cholesterol: 48.08mg (16.03%), Sodium: 1310.61mg (56.98%), Alcohol: 6.18g (100%), Alcohol %: 1.94% (100%), Protein: 17.44g (34.88%), Vitamin B12: 7.68µg (127.92%), Selenium:

35.81µg (51.16%), Vitamin K: 49.26µg (46.91%), Copper: 0.75mg (37.3%), Manganese: 0.59mg (29.72%), Zinc: 4.03mg (26.88%), Vitamin B3: 4.5mg (22.48%), Phosphorus: 223.11mg (22.31%), Iron: 3.97mg (22.05%), Potassium: 766.92mg (21.91%), Magnesium: 78.79mg (19.7%), Vitamin B6: 0.35mg (17.66%), Vitamin C: 13.94mg (16.9%), Vitamin E: 2.4mg (16.01%), Vitamin B2: 0.27mg (15.68%), Folate: 61.21µg (15.3%), Calcium: 142.32mg (14.23%), Fiber: 3.32g (13.26%), Vitamin A: 491.23IU (9.82%), Vitamin B1: 0.1mg (6.65%), Vitamin B5: 0.66mg (6.59%)