



Quick Crab Stew in Fennel-Tomato Broth

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 14 oz canned tomatoes diced canned
- ☐ 3 celery stalks trimmed cut in half
- ☐ 1 loaf crusty bread such as focaccia italian
- ☐ 1 cup cooking wine dry white
- ☐ 2 crabs cleaned cooked cut into quarters and shells cracked
- ☐ 1 Handful fennel fronds
- ☐ 1 small fennel bulb quartered

- ☐ 1 Handful flat-leaf parsley leaves
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 1 Handful oregano leaves fresh
- ☐ 0.3 teaspoon chile flakes red
- ☐ 0.5 small onion white quartered

Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ In a food processor, chop celery, onion, and fennel.
- ☐ Heat oil in a large pot over medium heat, add vegetables, and cook until softened, stirring often, about 7 minutes.
- ☐ Add wine, 1 cup water, tomatoes, chile flakes, salt, and pepper. Cook, covered, 8 to 10 minutes to let flavors develop.
- ☐ Add crabs and cook, covered, stirring often, until warm and fragrant, about 5 minutes.
- ☐ Transfer to a large serving bowl. Whirl herbs together in food processor to chop, then sprinkle over crab and serve with warmed bread.

Nutrition Facts



Properties

Glycemic Index:78.38, Glycemic Load:41.59, Inflammation Score:-9, Nutrition Score:31.554782660111%

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 Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg
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: 2.24mg, Apigenin: 2.24mg, Apigenin: 2.24mg, Apigenin:
2.24mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.44mg,
Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.08mg, Kaempferol: 0.08mg,
Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin:
0.16mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 469.19kcal (23.46%), Fat: 6.89g (10.59%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 64.29g (21.43%),
Net Carbohydrates: 59.06g (21.48%), Sugar: 10.24g (11.37%), Cholesterol: 48.08mg (16.03%), Sodium: 1325.01mg
(57.61%), Alcohol: 6.18g (100%), Alcohol %: 1.88% (100%), Protein: 26.74g (53.47%), Vitamin B12: 7.34µg (122.25%),
Selenium: 59.41µg (84.88%), Vitamin K: 59.35µg (56.53%), Vitamin B1: 0.76mg (50.91%), Folate: 180.26µg (45.06%),
Manganese: 0.83mg (41.74%), Vitamin B3: 7.88mg (39.41%), Copper: 0.75mg (37.74%), Vitamin B2: 0.6mg (35.23%),
Zinc: 4.75mg (31.7%), Iron: 5.58mg (31.03%), Phosphorus: 298.48mg (29.85%), Magnesium: 87.66mg (21.92%), Fiber:
5.23g (20.91%), Potassium: 726.46mg (20.76%), Vitamin C: 13.77mg (16.69%), Calcium: 163.76mg (16.38%), Vitamin
B6: 0.31mg (15.32%), Vitamin A: 689.54IU (13.79%), Vitamin B5: 0.81mg (8.12%), Vitamin E: 1.17mg (7.79%)