



Sautéed Soft-Shell Crabs

READY IN



45 min.

SERVINGS



4

CALORIES



507 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 0.3 cup flour all-purpose
- ☐ 14 ounce pie crust dough cleaned
- ☐ 0.5 teaspoon salt

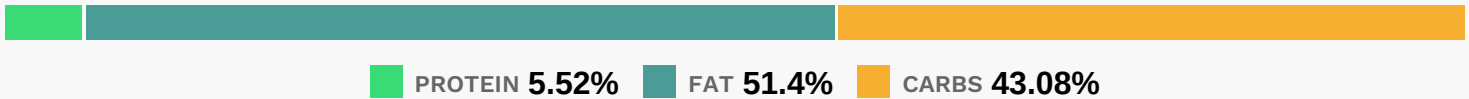
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Sprinkle each crab with salt and pepper.
- ☐ Place flour in a shallow bowl. Dredge each crab in flour, turning to coat; shake off excess flour.
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add crabs to pan, top sides down; cook 3 minutes. Turn crabs over; cook an additional 2 minutes.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:4.33, Inflammation Score:-3, Nutrition Score:7.8773912907295%

Nutrients (% of daily need)

Calories: 507.3kcal (25.36%), Fat: 28.79g (44.29%), Saturated Fat: 9.91g (61.93%), Carbohydrates: 54.29g (18.1%), Net Carbohydrates: 51.56g (18.75%), Sugar: 0.02g (0.03%), Cholesterol: 7.53mg (2.51%), Sodium: 719.19mg (31.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.92%), Manganese: 0.51mg (25.43%), Vitamin B1: 0.33mg (22.3%), Folate: 83.88µg (20.97%), Iron: 2.96mg (16.43%), Vitamin B3: 3.14mg (15.72%), Vitamin B2: 0.21mg (12.28%), Selenium: 8.35µg (11.92%), Fiber: 2.72g (10.89%), Phosphorus: 80.92mg (8.09%), Vitamin K: 7.72µg (7.35%), Vitamin B5: 0.44mg (4.42%), Copper: 0.09mg (4.38%), Magnesium: 16.89mg (4.22%), Vitamin E: 0.54mg (3.62%), Zinc: 0.51mg (3.38%), Potassium: 107.17mg (3.06%), Vitamin B6: 0.05mg (2.68%), Calcium: 21.6mg (2.16%), Vitamin A: 89.14IU (1.78%)