



Sauteed Soft-Shell Crabs

READY IN



45 min.

SERVINGS



2

CALORIES



1655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons flour all-purpose
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 0.5 teaspoon ground pepper red
- ☐ 2 tablespoons juice of lemon
- ☐ 4 soft-shell crabs cleaned
- ☐ 0.3 cup skim milk
- ☐ 1 teaspoon vegetable oil
- ☐ 2 tablespoons cornmeal yellow

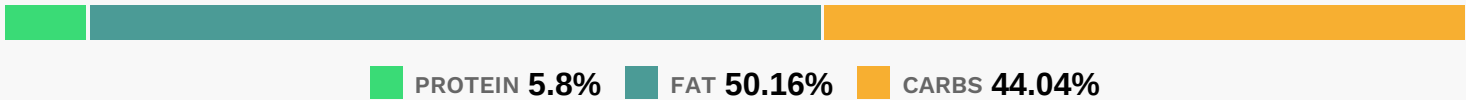
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Rinse crabs thoroughly with cold water. Pat dry with paper towels.
- ☐ Combine flour, cornmeal, and pepper in a shallow dish. Dip crabs in milk, and dredge in flour mixture. Coat a nonstick skillet with cooking spray; add oil.
- ☐ Place over medium-high heat until hot.
- ☐ Add crabs; cook 2 to 3 minutes on each side or until browned.
- ☐ Transfer to a serving plate.
- ☐ Sprinkle evenly with lemon juice and parsley.

Nutrition Facts



Properties

Glycemic Index:120.38, Glycemic Load:9.04, Inflammation Score:-7, Nutrition Score:27.039130708446%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 1654.73kcal (82.74%), Fat: 91.7g (141.07%), Saturated Fat: 28.24g (176.48%), Carbohydrates: 181.14g (60.38%), Net Carbohydrates: 171.32g (62.3%), Sugar: 2.15g (2.39%), Cholesterol: 0.92mg (0.31%), Sodium: 1404.06mg (61.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.87g (47.74%), Manganese: 1.63mg (81.55%), Vitamin B1: 1.05mg (69.76%), Folate: 259.42µg (64.85%), Iron: 9.54mg (53.03%), Vitamin B3: 9.96mg (49.82%), Vitamin B2: 0.67mg (39.49%), Fiber: 9.83g (39.31%), Selenium: 23.19µg (33.13%), Phosphorus: 310.89mg (31.09%), Vitamin K: 31.04µg (29.56%), Magnesium: 68.74mg (17.18%), Vitamin B5: 1.6mg (15.99%), Copper: 0.29mg

(14.75%), Zinc: 2.05mg (13.68%), Vitamin B6: 0.27mg (13.47%), Vitamin E: 1.96mg (13.08%), Potassium: 447.24mg (12.78%), Calcium: 108.53mg (10.85%), Vitamin C: 6.32mg (7.66%), Vitamin A: 283.25IU (5.66%), Vitamin B12: 0.18µg (2.96%), Vitamin D: 0.34µg (2.25%)