



Sautéed Soft-Shell Crabs with Asian Mignonette

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



841 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 6 servings flour all-purpose
- ☐ 1 teaspoon ginger fresh minced
- ☐ 0.5 teaspoon garlic minced
- ☐ 2 tablespoons juice of lime
- ☐ 1 teaspoon parsley minced
- ☐ 6 soft-shell crabs ()

- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 teaspoon salt

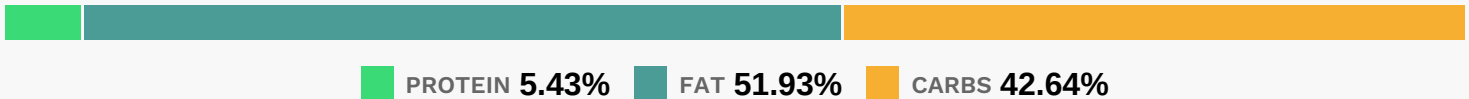
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In a small bowl, combine rice vinegar, lime juice, ginger, parsley, garlic, and salt. Set mignonette aside.
- ☐ Gently lift (but don't detach) each side of the back shell of the crab and pull off and discard the soft gills; lay shell back in place. Rinse crab and pat dry. Coat crab with flour and shake off excess.
- ☐ Melt butter in an 11- to 12-inch nonstick frying pan over medium-high heat.
- ☐ Add crabs and brown well, turning once or twice, about 7 minutes total. Lift from pan and drain briefly on paper towels.
- ☐ Serve crabs hot and drizzle to taste with mignonette.

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:4.17, Inflammation Score:-5, Nutrition Score:12.763478354915%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 840.61kcal (42.03%), Fat: 48.16g (74.09%), Saturated Fat: 14.66g (91.64%), Carbohydrates: 88.99g (29.66%), Net Carbohydrates: 84.5g (30.73%), Sugar: 0.12g (0.13%), Cholesterol: 0mg (0%), Sodium: 836.65mg (36.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.33g (22.66%), Manganese: 0.81mg (40.58%), Vitamin B1: 0.53mg (35.25%), Folate: 133.34µg (33.34%), Iron: 4.78mg (26.57%), Vitamin B3: 5.05mg (25.23%), Vitamin B2: 0.33mg (19.35%), Fiber: 4.49g (17.94%), Selenium: 12.3µg (17.57%), Phosphorus: 132.99mg (13.3%), Vitamin K: 12.74µg (12.13%), Vitamin B5: 0.73mg (7.34%), Copper: 0.14mg (7.08%), Magnesium: 27.96mg (6.99%), Vitamin E: 0.94mg (6.29%), Zinc: 0.83mg (5.51%), Potassium: 183.34mg (5.24%), Vitamin B6: 0.09mg (4.71%), Calcium: 36.43mg (3.64%), Vitamin A: 172.55IU (3.45%), Vitamin C: 1.63mg (1.97%)