



Simple Boiled Crabs with Garlic-Vermouth Butter

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



661 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup butter
- ☐ 1 tablespoon chervil fresh chopped
- ☐ 1.5 cups cider vinegar
- ☐ 2 live dungeness crabs blue
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup kosher salt

- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest
- ☐ 2 lemons sliced
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup seafood seasoning
- ☐ 1 tablespoon vermouth

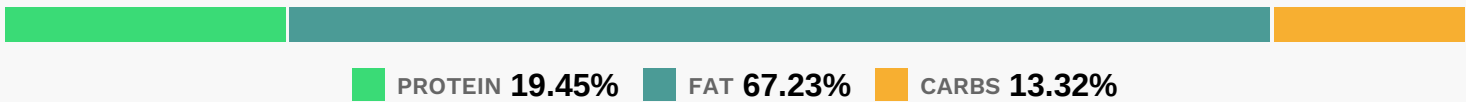
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ pot

Directions

- ☐ Combine first 8 ingredients in a small pan over medium-low heat. Cook, stirring occasionally, 3 minutes or until butter melts. Keep warm.
- ☐ Combine 6 quarts water, vinegar, and next 3 ingredients in a large stockpot. Bring to a boil over high heat.
- ☐ While water is heating, set crabs on a rimmed baking sheet or tray, and put in freezer. (This makes handling the crabs easier--they should be well chilled but not frozen; don't leave them in freezer more than 30 minutes.) When water has come to a rolling boil, grab each crab securely at the back of its shell, and gently but swiftly drop it headfirst into the boiling water.
- ☐ Cover pot, and return water to a boil. Cook Dungeness crabs 18 to 20 minutes and blue crabs 5 minutes.
- ☐ Drain, clean, and serve with warm butter sauce.

Nutrition Facts



Properties

Glycemic Index:88.75, Glycemic Load:2.79, Inflammation Score:-9, Nutrition Score:38.141739015994%

Flavonoids

Eriodictyol: 23.19mg, Eriodictyol: 23.19mg, Eriodictyol: 23.19mg, Eriodictyol: 23.19mg Hesperetin: 30.49mg, Hesperetin: 30.49mg, Hesperetin: 30.49mg, Hesperetin: 30.49mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 660.94kcal (33.05%), Fat: 48.72g (74.95%), Saturated Fat: 29.73g (185.79%), Carbohydrates: 21.71g (7.24%), Net Carbohydrates: 17.17g (6.24%), Sugar: 3.86g (4.29%), Cholesterol: 218.18mg (72.73%), Sodium: 29300.64mg (1273.94%), Alcohol: 0.71g (100%), Alcohol %: 0.15% (100%), Protein: 31.71g (63.43%), Vitamin B12: 14.77µg (246.11%), Selenium: 63.54µg (90.76%), Vitamin C: 68.44mg (82.96%), Vitamin K: 74.91µg (71.34%), Manganese: 1.42mg (70.87%), Copper: 1.27mg (63.67%), Zinc: 7.76mg (51.72%), Vitamin A: 1967.48IU (39.35%), Phosphorus: 373.42mg (37.34%), Iron: 5.84mg (32.42%), Potassium: 1074.28mg (30.69%), Magnesium: 117.15mg (29.29%), Vitamin B3: 5.68mg (28.38%), Calcium: 275.67mg (27.57%), Folate: 104.99µg (26.25%), Vitamin B6: 0.51mg (25.61%), Vitamin B2: 0.35mg (20.69%), Fiber: 4.53g (18.14%), Vitamin B1: 0.16mg (10.85%), Vitamin E: 1.61mg (10.7%), Vitamin B5: 0.87mg (8.66%)