



Singapore-Style Chili Crabs



Gluten Free



Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chili paste depending on your taste pref hot
- ☐ 2 dungeness crabs whole cooked
- ☐ 2 tablespoons cilantro leaves fresh plus more for garnish chopped
- ☐ 1 inch ginger fresh peeled chopped
- ☐ 4 cloves garlic chopped
- ☐ 3 tablespoons vegetable oil; peanut oil preferred
- ☐ 4 scallions sliced thin
- ☐ 1 serrano chile chopped

- ☐ 2 tablespoons indonesian soy sauce
- ☐ 2 tablespoons regular soy sauce dark
- ☐ 1 tablespoon tamarind paste
- ☐ 0.3 cup tomato ketchup

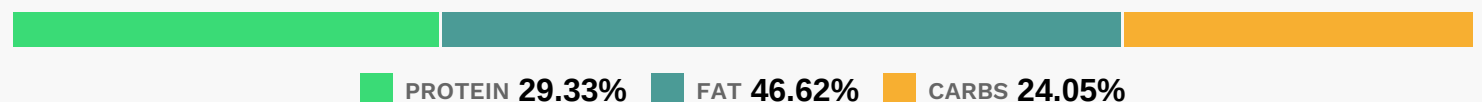
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ wok

Directions

- ☐ Watch how to make this recipe.
- ☐ Pull the main shell off the crab and discard it.
- ☐ Remove the gray gills and the soft insides.
- ☐ Cut the body in half and then cut between each leg. Crack the legs and claws with the back of the knife or a hammer and set aside.
- ☐ In a bowl mix the ketchup, chili paste, oyster sauce, soy sauce, and tamarind paste; thin it with 1/4 cup water and set aside.
- ☐ Pour the oil into a wok or large skillet over high heat.
- ☐ Add the scallion, ginger, garlic, 1/2 the chile, and cilantro and cook for 1 minute.
- ☐ Add the crab and stir-fry for another minute.
- ☐ Pour in the sauce and continue cooking, stirring often, until the crab has absorbed the sauce and the sauce has thickened, about 5 minutes.
- ☐ Put onto a platter and garnish with the rest of the chile and cilantro.
- ☐ Serve with plenty of napkins!

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:2.06, Inflammation Score:-5, Nutrition Score:16.987826171129%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 216.17kcal (10.81%), Fat: 11.44g (17.61%), Saturated Fat: 1.91g (11.97%), Carbohydrates: 13.29g (4.43%), Net Carbohydrates: 12.43g (4.52%), Sugar: 6.02g (6.68%), Cholesterol: 48.08mg (16.03%), Sodium: 1130.53mg (49.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.2g (32.39%), Vitamin B12: 7.37µg (122.86%), Selenium: 31.47µg (44.95%), Copper: 0.63mg (31.33%), Vitamin K: 26.42µg (25.16%), Zinc: 3.66mg (24.42%), Phosphorus: 184.91mg (18.49%), Vitamin B3: 3.59mg (17.95%), Potassium: 467.35mg (13.35%), Vitamin E: 1.98mg (13.2%), Magnesium: 51.51mg (12.88%), Vitamin B2: 0.21mg (12.5%), Folate: 49.97µg (12.49%), Vitamin B6: 0.24mg (11.8%), Vitamin C: 8.9mg (10.79%), Manganese: 0.21mg (10.34%), Calcium: 63.63mg (6.36%), Vitamin A: 314.88IU (6.3%), Iron: 1.02mg (5.66%), Vitamin B1: 0.08mg (5.63%), Vitamin B5: 0.37mg (3.68%), Fiber: 0.86g (3.44%)