



 **77%**
HEALTH SCORE

Singaporean Chili Crab

 Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



2

CALORIES



1325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cornstarch
- 2 pound crabs whole prepared (see note above)
- 1 large eggs beaten
- 2 tablespoons garlic clove minced
- 2 tablespoons ginger grated
- 0.5 cup spring onion thinly sliced
- 2 cups chicken broth low sodium homemade store-bought
- 1 cup parsley chinese

- 7 tablespoons vegetable oil; peanut oil preferred
- 0.5 cup shallots minced
- 2 servings portugese rolls chinese steamed
- 0.5 cup chilli sauce (see note above)
- 4 thai chile minced
- 0.3 cup tomato paste

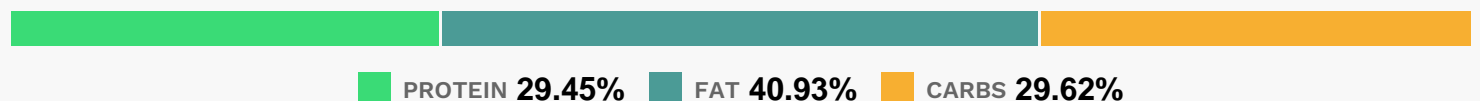
Equipment

- bowl
- ladle
- wok
- dutch oven

Directions

- In small bowl, stir cornstarch with 2 tablespoons water; set aside. In large wok with lid (or Dutch oven), heat oil over medium heat until shimmering. Stir in shallots, ginger, garlic, and chilies. Cook until fragrant, stirring, about 1 minute.
- Add crab pieces and broth. Increase heat to medium high and bring to a boil. Cover loosely and gently boil (decrease heat if necessary), until crab has turned red and is nearly cooked through, about 6 minutes.
- Remove cover and stir in tomato paste and chili sauce. Simmer 1 minute and season to taste with salt, sugar, or chili sauce. Stir in cornstarch and bring to boil to thicken.
- Remove from heat and stir in egg. Stir in green onions. Ladle into serving dish, sprinkle with Chinese parsley, and serve.

Nutrition Facts



Properties

Glycemic Index:128.5, Glycemic Load:29.14, Inflammation Score:-10, Nutrition Score:66.663043561189%

Flavonoids

Apigenin: 64.72mg, Apigenin: 64.72mg, Apigenin: 64.72mg, Apigenin: 64.72mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 4.65mg, Myricetin: 4.65mg, Myricetin: 4.65mg, Myricetin: 4.65mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 1324.73kcal (66.24%), Fat: 60.38g (92.89%), Saturated Fat: 10.2g (63.74%), Carbohydrates: 98.35g (32.78%), Net Carbohydrates: 91.6g (33.31%), Sugar: 45.19g (50.21%), Cholesterol: 360.62mg (120.21%), Sodium: 2664.09mg (115.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 97.75g (195.51%), Vitamin B12: 41.28µg (688.03%), Vitamin K: 549.38µg (523.21%), Selenium: 179.91µg (257.01%), Copper: 3.48mg (174.24%), Zinc: 20.93mg (139.53%), Vitamin C: 89.78mg (108.82%), Phosphorus: 1053.06mg (105.31%), Iron: 17.46mg (97%), Vitamin B3: 19.31mg (96.55%), Vitamin A: 3892.95IU (77.86%), Potassium: 2689.66mg (76.85%), Folate: 299.36µg (74.84%), Magnesium: 262.28mg (65.57%), Vitamin E: 9.82mg (65.44%), Vitamin B2: 1.07mg (62.97%), Vitamin B6: 1.19mg (59.53%), Manganese: 0.9mg (44.78%), Calcium: 348.32mg (34.83%), Fiber: 6.76g (27.03%), Vitamin B5: 2.39mg (23.93%), Vitamin B1: 0.34mg (22.74%), Vitamin D: 0.5µg (3.33%)