



## Soft-Shell Crab Salad with Green Goddess Dressing

READY IN



95 min.

SERVINGS



4

CALORIES



1410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 fillet anchovy
- 1 head bibb lettuce trimmed
- 2 cups buttermilk
- 1 tablespoon crab boil seasoning
- 1 hardboiled egg
- 2 cups flour all-purpose
- 2 tablespoons chives fresh chopped
- 1 cup flat-leaf parsley fresh coarsely chopped

- 2 tablespoons tarragon leaves fresh chopped
- 2 garlic cloves coarsely chopped
- 1 juice of lemon juiced
- 4 servings lemon wedges for serving
- 0.5 cup mayonnaise
- 4 medium soft-shell crabs rinsed cleaned
- 0.5 onion red sliced
- 4 servings sea salt and pepper black freshly ground
- 0.5 cup cup heavy whipping cream sour
- 2 bunches watercress trimmed
- 4 servings vegetable oil for frying

## Equipment

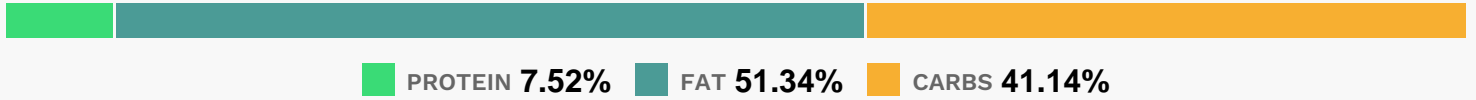
- bowl
- frying pan
- paper towels
- mixing bowl
- pot
- blender
- pie form

## Directions

- To make the green goddess dressing: Simply puree the ingredients together in a blender, until light green and creamy. Cover and stick the dressing in the fridge to allow the flavors to come together.
- Pour the buttermilk in a shallow bowl large enough to hold all the crabs. Season the buttermilk with crab boil seasoning, salt, and pepper.
- Lay the crabs in the buttermilk mixture and marinate, covered, in the refrigerator for 1 hour; soaking the crabs in buttermilk helps plump them up when cooked.
- Remove the crabs from the milk bath and let the excess drip off.

- Pour 2 inches of oil in a heavy frying pan or large pot and heat to 350 degrees F.
- Put the flour in a pie dish or plate and season with a fair amount of salt and pepper. Dredge the crabs in the seasoned flour to coat, shaking off the excess.
- Lay the crabs in the hot oil in a single layer without crowding; you may have to fry them in batches. Be careful, the crabs have a tendency to pop and spatter. Cook the crabs for about 3 minutes on each side, turning once, until golden brown.
- Drain on paper towels.
- To assemble the salad: combine the watercress, lettuce, and onion slices in a mixing bowl.
- Pour in 1/2 cup of the green goddess dressing, tossing to coat. Arrange the salad on a serving platter, put the fried crabs on top, and grate the hard boiled egg over the whole thing.
- Garnish with lemon wedges and serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:112.38, Glycemic Load:38.09, Inflammation Score:-10, Nutrition Score:41.435652276744%

### Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 3.35mg, Kaempferol: 3.35mg, Kaempferol: 3.35mg, Kaempferol: 3.35mg Myricetin: 2.29mg, Myricetin: 2.29mg, Myricetin: 2.29mg, Myricetin: 2.29mg Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg

### Nutrients (% of daily need)

Calories: 1410.03kcal (70.5%), Fat: 80.3g (123.54%), Saturated Fat: 23.45g (146.55%), Carbohydrates: 144.79g (48.26%), Net Carbohydrates: 137.09g (49.85%), Sugar: 8.71g (9.68%), Cholesterol: 90.35mg (30.12%), Sodium: 1046.85mg (45.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.45g (52.91%), Vitamin K: 394.65µg (375.86%), Manganese: 1.73mg (86.51%), Folate: 318.77µg (79.69%), Vitamin A: 3715.87IU (74.32%), Vitamin B1: 1.1mg (73.64%), Vitamin B2: 1.04mg (61.29%), Selenium: 42.88µg (61.26%), Iron: 10.73mg (59.59%), Vitamin B3: 9.6mg (47.99%), Vitamin C: 34.75mg (42.12%), Phosphorus: 396.73mg (39.67%), Calcium: 329.81mg (32.98%), Fiber: 7.69g (30.78%), Potassium: 837.39mg (23.93%), Magnesium: 89.77mg (22.44%), Vitamin B5: 1.96mg (19.61%), Vitamin B6: 0.39mg (19.57%), Vitamin E: 2.65mg (17.67%), Copper: 0.35mg (17.58%), Zinc: 2.46mg (16.38%), Vitamin B12: 0.8µg

(13.39%), Vitamin D: 1.89 $\mu$ g (12.61%)