



Soft-Shell Crab Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



875 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 bibb lettuce leaves
- ☐ 1 tablespoon butter
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 ounce bread french
- ☐ 4 jumbo soft-shell crabs cleaned
- ☐ 1 teaspoon old bay seasoning
- ☐ 3 inch plum tomatoes
- ☐ 0.3 cup lemon tartar sauce

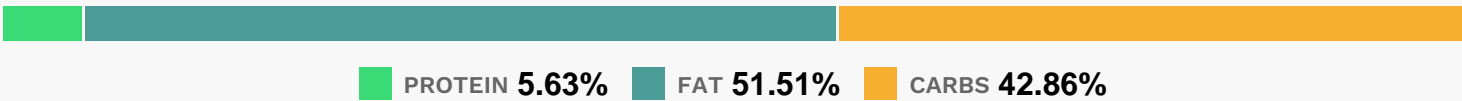
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Rinse crabs; pat dry with paper towels.
- ☐ Combine flour and Old Bay seasoning in a shallow dish. Dredge each crab in flour mixture.
- ☐ Melt butter in a large skillet over medium-high heat until butter begins to brown.
- ☐ Add crabs; cook for 3 minutes, gently pressing body and legs against pan. Turn crabs; cook 3 minutes or until brown and cooked through.
- ☐ Drain on paper towels.
- ☐ Spread 1 tablespoon Lemon Tartar Sauce over each of 4 bread slices. Top each with 1 crab, 3 tomato slices, and 1 lettuce leaf. Top each with 1 bread slice.

Nutrition Facts



Properties

Glycemic Index:60.88, Glycemic Load:5.96, Inflammation Score:-7, Nutrition Score:15.686521826879%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 875.12kcal (43.76%), Fat: 49.8g (76.61%), Saturated Fat: 16.2g (101.27%), Carbohydrates: 93.23g (31.08%), Net Carbohydrates: 88.35g (32.13%), Sugar: 1.15g (1.27%), Cholesterol: 8.51mg (2.84%), Sodium: 854.94mg (37.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.26g (24.51%), Manganese: 0.91mg (45.26%), Vitamin B1: 0.57mg (38.33%), Folate: 150.74µg (37.69%), Vitamin K: 39.3µg (37.43%), Iron: 5.36mg (29.79%), Vitamin B3: 5.36mg (26.79%), Vitamin B2: 0.36mg (21.35%), Selenium: 13.91µg (19.87%), Fiber: 4.87g (19.49%), Phosphorus: 145.4mg (14.54%), Vitamin A: 638.09IU (12.76%), Magnesium: 33.19mg (8.3%), Copper: 0.16mg (7.87%), Vitamin B5: 0.78mg (7.75%), Vitamin E: 1.16mg (7.74%), Potassium: 233.21mg (6.66%), Zinc: 0.95mg (6.31%), Vitamin B6: 0.12mg (6.09%), Calcium: 51.73mg (5.17%), Vitamin C: 1.2mg (1.45%)