



Soft-Shell Crab Sandwiches with Spicy Rémoulade

READY IN



18 min.

SERVINGS



4

CALORIES



1150 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 inch baguettes split toasted
- ☐ 0.5 cup buttermilk
- ☐ 0.8 cup self-rising cornmeal mix
- ☐ 1 teaspoon creole seasoning
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 1 leaf lettuce leaves green
- ☐ 4 soft-shell crabs cleaned

- ☐ 4 servings spicy r  moulade
- ☐ 8 slices tomatoes thin
- ☐ 4 servings vegetable oil

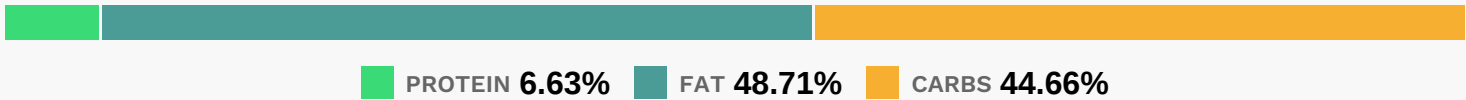
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Pour oil to depth of 1/4 inch to 1/2 inch in a large skillet; heat to 37
- ☐ Whisk together egg and buttermilk in a shallow bowl. Stir together cornmeal mix and seasoning in another shallow bowl.
- ☐ Dredge crabs in flour, dip in egg mixture, and dredge in cornmeal mixture. Cook crabs in hot oil, in batches, 2 minutes on each side or until golden brown.
- ☐ Drain on paper towels.
- ☐ Spread insides of rolls with Spicy Rmoulade.
- ☐ Layer with lettuce, tomato slices, and fried crab.

Nutrition Facts



Properties

Glycemic Index:73.19, Glycemic Load:14.51, Inflammation Score:-8, Nutrition Score:26.029130769813%

Flavonoids

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

Nutrients (% of daily need)

Calories: 1150.39kcal (57.52%), Fat: 62.11g (95.56%), Saturated Fat: 17.22g (107.64%), Carbohydrates: 128.12g (42.71%), Net Carbohydrates: 120.8g (43.93%), Sugar: 2.9g (3.23%), Cholesterol: 49.8mg (16.6%), Sodium: 1260.7mg (54.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.02g (38.04%), Folate: 258.65µg (64.66%), Vitamin B1: 0.94mg (62.34%), Manganese: 1.13mg (56.48%), Iron: 7.63mg (42.38%), Phosphorus: 417.83mg (41.78%), Vitamin B3: 8.08mg (40.4%), Vitamin B2: 0.68mg (39.75%), Vitamin K: 40.75µg (38.81%), Selenium: 22.65µg (32.36%), Fiber: 7.31g (29.25%), Calcium: 189.88mg (18.99%), Vitamin C: 15.07mg (18.27%), Vitamin B6: 0.33mg (16.36%), Vitamin E: 2.36mg (15.75%), Magnesium: 57.92mg (14.48%), Vitamin B5: 1.26mg (12.64%), Copper: 0.25mg (12.26%), Zinc: 1.76mg (11.7%), Vitamin A: 548.6IU (10.97%), Potassium: 371.74mg (10.62%), Vitamin D: 0.64µg (4.27%), Vitamin B12: 0.25µg (4.15%)