



Soft-Shell Crab with Asian Flavor

READY IN



45 min.

SERVINGS



8

CALORIES



944 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup chicken broth
- ☐ 1 tablespoon chile garlic paste
- ☐ 1 tablespoon cornstarch
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 teaspoon ginger fresh chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup milk

- ☐ 0.3 cup vegetable oil; peanut oil preferred
- ☐ 0.3 teaspoon pepper
- ☐ 8 soft-shell crabs
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sesame oil
- ☐ 0.3 cup sesame seed
- ☐ 2 tablespoons soya sauce

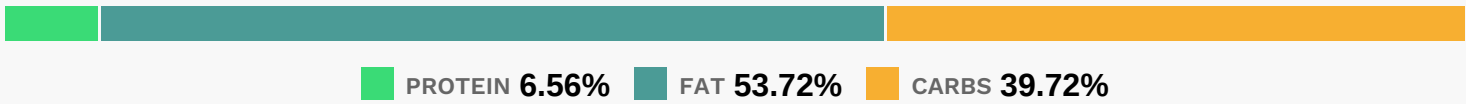
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Combine milk and eggs in a shallow dish.
- ☐ Add crabs, tossing to coat. Cover and chill 30 minutes.
- ☐ Combine broth and next 6 ingredients; set aside.
- ☐ Combine flour and next 3 ingredients.
- ☐ Drain crabs; dredge in flour mixture.
- ☐ Saut crabs in hot oil in a large skillet 2 minutes on each side or until done; drain on paper towels, discarding oil. Wipe skillet clean.
- ☐ Add broth mixture to skillet; bring to a boil over medium-high heat. Boil 1 minute; stir in cilantro.
- ☐ Serve with crabs over cooked rice noodles, if desired.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:5.27, Inflammation Score:-5, Nutrition Score:17.636521629665%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 944.39kcal (47.22%), Fat: 56.21g (86.47%), Saturated Fat: 16.39g (102.41%), Carbohydrates: 93.51g (31.17%), Net Carbohydrates: 88.38g (32.14%), Sugar: 1.81g (2.01%), Cholesterol: 50.6mg (16.87%), Sodium: 1204.31mg (52.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.45g (30.9%), Manganese: 1mg (49.95%), Vitamin B1: 0.6mg (40.01%), Folate: 145.03µg (36.26%), Iron: 5.86mg (32.54%), Vitamin B3: 5.55mg (27.76%), Vitamin B2: 0.46mg (27.13%), Selenium: 18.8µg (26.85%), Phosphorus: 226.34mg (22.63%), Fiber: 5.14g (20.54%), Copper: 0.36mg (17.88%), Vitamin E: 2.03mg (13.55%), Calcium: 129.85mg (12.99%), Magnesium: 51.88mg (12.97%), Vitamin K: 12.99µg (12.37%), Vitamin B5: 1.07mg (10.67%), Zinc: 1.53mg (10.22%), Vitamin B6: 0.2mg (9.98%), Potassium: 285.8mg (8.17%), Vitamin B12: 0.28µg (4.67%), Vitamin D: 0.59µg (3.9%), Vitamin A: 125.23IU (2.5%), Vitamin C: 1.74mg (2.1%)