



Soft-shell Crab with Citrus-Saffron Butter Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



1983 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings freshly asparagus spears steamed
- ☐ 5 tablespoons butter cut into pieces
- ☐ 1.5 tablespoons chervil fresh italian minced
- ☐ 4 servings couscous hot cooked
- ☐ 0.5 cup blending flour (Wondra)
- ☐ 0.1 teaspoon ground pepper white
- ☐ 8 jumbo soft-shell crabs
- ☐ 0.3 teaspoon kosher salt

- ☐ 0.3 cup juice of lime fresh
- ☐ 1 cup orange juice fresh
- ☐ 0.3 teaspoon saffron threads crumbled
- ☐ 1 large shallots minced
- ☐ 0.3 cup vegetable oil divided

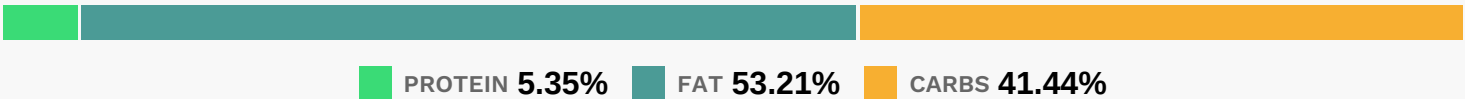
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Bring orange juice and next 3 ingredients to a boil in a medium saucepan; boil over medium-high heat until reduced to about 1/2 cup. Reduce heat to low; whisk in butter, 1 piece at a time, until combined.
- ☐ Remove from heat; stir in chervil, salt, and pepper.
- ☐ Dredge crabs in flour just until lightly coated.
- ☐ Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat. When oil is hot, add half the crabs, top-side down; saut 2 to 3 minutes per side, until golden, adding more oil, if needed.
- ☐ Drain crabs on paper towels, then transfer to a baking sheet in a 200 oven to keep warm. Repeat with remaining oil and crabs.
- ☐ Serve crabs with asparagus and couscous; drizzle with the butter sauce.
- ☐ "Did somebody say citrus-saffron? Sounds like a classic template for Sauvignon Blanc. Compared to light, lean versions from France, Artesa Sauvignon Blanc Reserve (\$25), like many American versions, tends to have a bit more creaminess that pairs well with the rich sauted crab. But it will also have plenty of the grape's characteristic herbalness-- a satisfying match with the asparagus, whose unusual taste often makes it a problem-child for wine." --

Nutrition Facts



Properties

Glycemic Index:101.5, Glycemic Load:23.33, Inflammation Score:-8, Nutrition Score:34.698695846226%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 9.22mg, Hesperetin: 9.22mg, Hesperetin: 9.22mg, Hesperetin: 9.22mg Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 1982.9kcal (99.15%), Fat: 116.89g (179.84%), Saturated Fat: 38.88g (243.01%), Carbohydrates: 204.85g (68.28%), Net Carbohydrates: 194.33g (70.67%), Sugar: 6.2g (6.89%), Cholesterol: 37.63mg (12.54%), Sodium: 1655.35mg (71.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.43g (52.86%), Manganese: 1.71mg (85.73%), Vitamin B1: 1.18mg (78.35%), Folate: 304.45µg (76.11%), Vitamin K: 76.48µg (72.83%), Selenium: 46.62µg (66.61%), Iron: 10.21mg (56.73%), Vitamin B3: 11.2mg (56%), Vitamin C: 39.62mg (48.02%), Fiber: 10.51g (42.05%), Vitamin B2: 0.71mg (41.66%), Phosphorus: 301.77mg (30.18%), Vitamin E: 3.29mg (21.93%), Vitamin B5: 1.93mg (19.25%), Magnesium: 71.78mg (17.94%), Copper: 0.35mg (17.64%), Potassium: 575.23mg (16.44%), Vitamin A: 709.01IU (14.18%), Vitamin B6: 0.27mg (13.69%), Zinc: 1.95mg (13.03%), Calcium: 91.95mg (9.2%)