



## Soft-Shell Crab with Fresh Thai Green Curry

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



929 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons brown sugar
- 0.5 cup diagonally cut carrot
- 2 cups cilantro sprigs fresh
- 3 cups jasmine rice hot cooked
- 0.3 cup cornstarch
- 3 inch ginger fresh peeled
- 3 garlic cloves peeled
- 1.5 cups baby eggplant cubed (1-inch)

- 13.5 ounce coconut milk light canned
- 2 tablespoons juice of lime fresh
- 1 tablespoon lime rind grated
- 30 ounce soft-shell crabs cleaned
- 2 cups bell pepper red sliced
- 0.3 teaspoon salt
- 1 teaspoon salt
- 8 serrano chiles seeded
- 0.5 cup shallots coarsely chopped
- 1 teaspoon vegetable oil
- 4 teaspoons vegetable oil divided
- 1.5 cups water

## Equipment

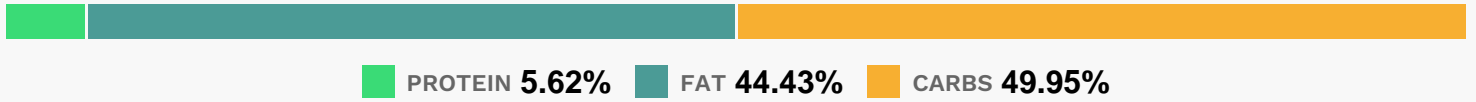
- food processor
- bowl
- frying pan
- dutch oven

## Directions

- To prepare curry, combine first 6 ingredients in a food processor; process 3 minutes or until a paste forms.
- Heat 1 teaspoon oil in a large Dutch oven over medium-high heat.
- Add chile mixture; saut 3 minutes.
- Add bell pepper and next 5 ingredients (bell pepper through coconut milk); bring to a boil. Cover, reduce heat, and simmer 10 minutes. Uncover and simmer 10 minutes. Stir in lime juice and 1 teaspoon salt, and keep warm.
- To prepare crabs, combine cornstarch and 1/4 teaspoon salt in a shallow dish. Dredge crabs in cornstarch mixture.
- Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.

- Place 3 crabs in pan, top sides down; cook 3 minutes, gently pressing body and legs against pan. Turn crabs; cook 2 minutes.
- Remove from heat. Repeat procedure with remaining oil and crabs.
- Place 1/2 cup jasmine rice into each of 6 shallow bowls; spoon 3/4 cup curry mixture over each serving. Top each serving with 1 crab.
- Garnish with lime wedges and cilantro sprigs, if desired.

## Nutrition Facts



### Properties

Glycemic Index:59.47, Glycemic Load:26.45, Inflammation Score:-10, Nutrition Score:26.323478159697%

### Flavonoids

Delphinidin: 50.68mg, Delphinidin: 50.68mg, Delphinidin: 50.68mg, Delphinidin: 50.68mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

### Nutrients (% of daily need)

Calories: 928.95kcal (46.45%), Fat: 45.58g (70.12%), Saturated Fat: 16.52g (103.23%), Carbohydrates: 115.27g (38.42%), Net Carbohydrates: 107.02g (38.92%), Sugar: 10.68g (11.87%), Cholesterol: 0mg (0%), Sodium: 1139.7mg (49.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.98g (25.96%), Vitamin C: 74.55mg (90.36%), Vitamin A: 3790.83IU (75.82%), Manganese: 1.34mg (67.17%), Vitamin K: 40.86µg (38.91%), Folate: 152.38µg (38.09%), Fiber: 8.25g (33%), Vitamin B1: 0.49mg (32.51%), Vitamin B3: 5.39mg (26.95%), Iron: 4.74mg (26.33%), Vitamin B6: 0.5mg (24.89%), Selenium: 15µg (21.43%), Vitamin B2: 0.34mg (20.26%), Phosphorus: 189.68mg (18.97%), Potassium: 590.55mg (16.87%), Vitamin E: 2.24mg (14.95%), Copper: 0.29mg (14.52%), Magnesium: 57.01mg (14.25%), Vitamin B5: 1.37mg (13.68%), Zinc: 1.44mg (9.61%), Calcium: 68.71mg (6.87%)