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Soft-Shell Crabs Bayou with Yellow Tomato Coulis

 Dairy Free or type unknown

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

1923 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings angel-hair pasta hot cooked
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 cup bell pepper green finely chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 teaspoon ground pepper red

- ☐ 0.5 teaspoon ground pepper white
- ☐ 0.3 cup butter divided melted
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon onion powder
- ☐ 1.5 tablespoons paprika
- ☐ 8 soft-shell crabs
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 2 shallots diced finely
- ☐ 6 large tomatoes yellow peeled seeded chopped

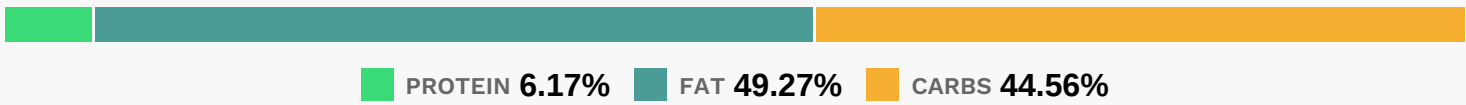
Equipment

- ☐ frying pan

Directions

- ☐ Saut green pepper, shallots, and garlic in oil. Stir in tomatoes, salt, and pepper; cook 2 to 3 minutes. Set coulis aside.
- ☐ Combine paprika and next 7 ingredients.
- ☐ Brush crabs with 2 tablespoons melted butter, and coat with seasoning mixture.
- ☐ Cook crabs in a hot nonstick skillet 1 to 2 minutes on each side or until done.
- ☐ Serve on pasta with coulis.
- ☐ Drizzle with remaining butter.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:17.58, Inflammation Score:-9, Nutrition Score:34.814347898831%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 1922.7kcal (96.14%), Fat: 104.88g (161.35%), Saturated Fat: 30.84g (192.75%), Carbohydrates: 213.42g (71.14%), Net Carbohydrates: 201.07g (73.12%), Sugar: 3.29g (3.65%), Cholesterol: 0mg (0%), Sodium: 2405.25mg (104.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.55g (59.1%), Manganese: 2.2mg (109.95%), Selenium: 55.5µg (79.29%), Vitamin B1: 1.02mg (68.24%), Folate: 257.76µg (64.44%), Iron: 10.82mg (60.12%), Vitamin B3: 10.58mg (52.9%), Fiber: 12.35g (49.41%), Vitamin A: 1987.49IU (39.75%), Vitamin B2: 0.66mg (39.04%), Phosphorus: 381.65mg (38.16%), Vitamin K: 35.3µg (33.62%), Copper: 0.48mg (23.86%), Vitamin E: 3.51mg (23.39%), Magnesium: 93.17mg (23.29%), Vitamin B6: 0.43mg (21.3%), Vitamin C: 16.89mg (20.47%), Potassium: 624.71mg (17.85%), Vitamin B5: 1.77mg (17.68%), Zinc: 2.59mg (17.28%), Calcium: 104.04mg (10.4%)