






 **63%**
HEALTH SCORE

Soft-Shell Crabs in Bacon on Arugula with Mustard Vinaigrette

 Dairy Free  Very Healthy

READY IN

45 min.

SERVINGS

4

CALORIES

2226 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 1.5 quarts arugula leaves (from two)
- 0.8 pound bacon
- 3 tablespoons cooking oil
- 1.5 teaspoons dijon mustard
- 0.5 cup flour
- 4 servings fresh-ground pepper black
- 2.5 tablespoons olive oil

- 8 soft-shell crabs cleaned
- 0.8 teaspoon salt
- 2 teaspoons red-wine vinegar

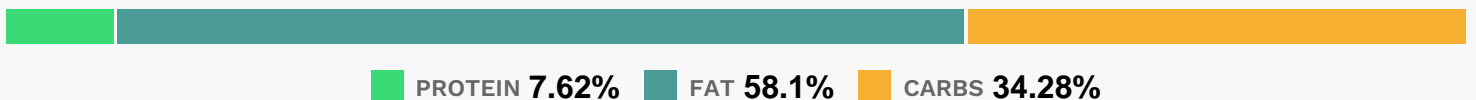
Equipment

- bowl
- oven
- whisk

Directions

- In a medium glass or stainless-steel bowl, whisk together the vinegar, mustard, 1/4 teaspoon of the salt, and 1/8 teaspoon pepper.
- Add the olive oil slowly, whisking.
- Wrap the body of each crab with two slices of bacon without overlapping, leaving the legs exposed. In a shallow bowl, combine the flour, the remaining 1/2 teaspoon of the salt, and 1/4 teaspoon pepper.
- In each of two large frying pans, heat 1 1/2 tablespoons of the cooking oil over moderately high heat. Dust the crabs and bacon with the flour mixture and shake off the excess.
- Put the crabs in the pans, upside down. Cook until the bacon is browned and crisp, about 3 minutes. Turn and cook until the bacon on the other side is browned and crisp and the crabs are just done, about 3 minutes longer.
- To serve, toss the arugula with the vinaigrette and mound on four plates. Top the salad with the crabs.
- Wine Recommendation: The richness of the bacon will pair nicely with a full-flavored wine, but there should be some acidity to stand up to the spicy arugula and vinaigrette. The solution? A pinot blanc from Alsace, which nicely combines both of these qualities.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:10.97, Inflammation Score:-10, Nutrition Score:57.01565209679%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 15.26mg, Isorhamnetin: 15.26mg, Isorhamnetin: 15.26mg, Isorhamnetin: 15.26mg Kaempferol: 123.82mg, Kaempferol: 123.82mg, Kaempferol: 123.82mg, Kaempferol: 123.82mg Quercetin: 28.11mg, Quercetin: 28.11mg, Quercetin: 28.11mg, Quercetin: 28.11mg

Nutrients (% of daily need)

Calories: 2226.09kcal (111.3%), Fat: 144.21g (221.86%), Saturated Fat: 41.36g (258.53%), Carbohydrates: 191.44g (63.81%), Net Carbohydrates: 176.74g (64.27%), Sugar: 7.34g (8.16%), Cholesterol: 56.13mg (18.71%), Sodium: 2506.8mg (108.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.54g (85.08%), Vitamin K: 424.63µg (404.41%), Vitamin A: 8458.1IU (169.16%), Folate: 610.98µg (152.74%), Manganese: 2.78mg (139.04%), Vitamin B1: 1.45mg (96.81%), Iron: 15.2mg (84.44%), Vitamin B3: 14.62mg (73.09%), Vitamin C: 53.25mg (64.55%), Calcium: 641.14mg (64.11%), Selenium: 43.48µg (62.11%), Vitamin B2: 1.03mg (60.63%), Fiber: 14.71g (58.82%), Magnesium: 232.62mg (58.16%), Phosphorus: 571.07mg (57.11%), Potassium: 1829.72mg (52.28%), Vitamin E: 6.57mg (43.8%), Vitamin B5: 3.48mg (34.75%), Vitamin B6: 0.66mg (33.19%), Copper: 0.59mg (29.31%), Zinc: 4.33mg (28.84%), Vitamin B12: 0.43µg (7.09%), Vitamin D: 0.34µg (2.27%)