



## Soft-Shell Crabs with Oyster Sauce and White Asparagus

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1643 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 pound asparagus white green peeled
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 4 servings cornstarch for dredging
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup oyster sauce
- ☐ 8 medium soft-shell crabs dry cleaned
- ☐ 4 servings salt and pepper freshly ground

- ☐ 4 large shallots thinly sliced
- ☐ 2 tablespoons vegetable oil for frying plus more
- ☐ 0.5 cup white wine grüner

## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

## Directions

- ☐ Preheat the oven to 30
- ☐ Cook the asparagus in a large saucepan of boiling salted water until tender, about 8 minutes, then drain thoroughly.
- ☐ In a large skillet, heat 1/2 inch of oil until shimmering. Season the crabs with salt and pepper and dredge in the cornstarch.
- ☐ Add 4 of the crabs to the skillet and fry over moderately high heat until very crunchy, about 4 minutes for the first side and 3 minutes for the second.
- ☐ Transfer to a heatproof plate and keep warm in the oven. Fry the remaining crabs, then keep them warm in the oven while making the sauce.
- ☐ In a large skillet, heat the 2 tablespoons of oil.
- ☐ Add the shallots and cook over moderately high heat until lightly browned, about 2 minutes.
- ☐ Add the wine and cook until reduced by about half, 2 to 3 minutes.
- ☐ Add the oyster sauce and simmer until slightly thickened, about 2 minutes.
- ☐ Add the asparagus and lime juice; toss to coat.
- ☐ Transfer the asparagus and sauce to 4 dinner plates. Top with the crabs and cilantro and serve at once.

## Nutrition Facts



## Properties

Glycemic Index:27.25, Glycemic Load:1.78, Inflammation Score:-9, Nutrition Score:33.310000181198%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.99mg, Quercetin: 15.99mg, Quercetin: 15.99mg, Quercetin: 15.99mg

Nutrients (% of daily need)

Calories: 1643.29kcal (82.16%), Fat: 90.2g (138.77%), Saturated Fat: 28g (175.03%), Carbohydrates: 177.5g (59.17%), Net Carbohydrates: 165.75g (60.27%), Sugar: 4.45g (4.95%), Cholesterol: 0mg (0%), Sodium: 1987.27mg (86.4%), Alcohol: 3.09g (100%), Alcohol %: 0.73% (100%), Protein: 24.3g (48.61%), Manganese: 1.8mg (90.02%), Folate: 308.44µg (77.11%), Vitamin B1: 1.12mg (74.41%), Vitamin K: 75.46µg (71.86%), Iron: 11.69mg (64.93%), Vitamin B3: 10.59mg (52.96%), Fiber: 11.75g (47.02%), Vitamin B2: 0.77mg (45.07%), Selenium: 22.99µg (32.84%), Phosphorus: 328.11mg (32.81%), Copper: 0.52mg (25.8%), Vitamin E: 2.98mg (19.87%), Potassium: 676.99mg (19.34%), Magnesium: 76.09mg (19.02%), Vitamin B6: 0.38mg (18.92%), Vitamin B5: 1.78mg (17.82%), Vitamin A: 877.06IU (17.54%), Zinc: 2.3mg (15.31%), Vitamin C: 9.54mg (11.57%), Calcium: 109.2mg (10.92%)