



Soft-shell Po' Boy with Chipotle Tartar Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



1289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon ancho chile powder
- ☐ 1 avocado pitted peeled cut into 12 slices
- ☐ 0.3 cup butter softened
- ☐ 0.5 teaspoon garlic powder
- ☐ 6 jumbo soft-shell crabs
- ☐ 1 teaspoon kosher salt
- ☐ 6 servings lime wedges
- ☐ 0.3 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal all-purpose

- ☐ 1 cup milk
- ☐ 0.8 cup radish sprouts
- ☐ 0.3 cup pumpkin seeds raw hulled
- ☐ 1.5 inch onion red
- ☐ 6 small romaine lettuce leaves
- ☐ 6 soft-crusted hoagie rolls split
- ☐ 6 servings chipotle tartar sauce
- ☐ 12 slices tomatoes ripe thin
- ☐ 5 tablespoons vegetable oil divided
- ☐ 0.3 cup cornmeal yellow

Equipment

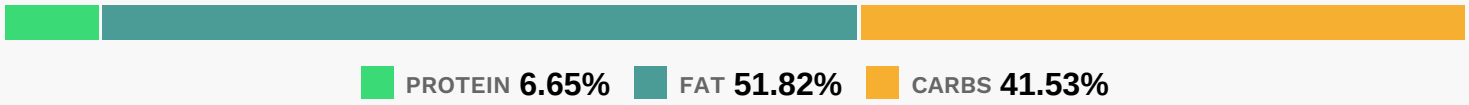
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk milk and ancho chile and garlic powders in a shallow bowl until combined; add crabs. Cover and chill 1 hour.
- ☐ Meanwhile, brush red onion slices with 1 tablespoon oil. Grill or broil 4 minutes per side. Set aside.
- ☐ Spread cut sides of rolls with butter, and grill or toast until golden brown.
- ☐ Combine cornmeal and next 3 ingredients in a food processor. Process until mixture resembles fine crumbs; transfer mixture to a shallow dish.

- ☐ Drain crabs, and discard milk mixture. Dredge crabs in cornmeal mixture.
- ☐ Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat. When oil is very hot, add half the crabs, top-side down; saut 2 to 3 minutes per side or until golden.
- ☐ Drain crabs on paper towels, then transfer to a baking sheet, and keep warm in a 200 oven. Repeat with remaining oil and crabs.
- ☐ Spread toasted sides of rolls with Chipotle Tartar Sauce. Top with a lettuce leaf, 2 slices each tomato and avocado, a grilled red onion slice, and a fried crab. Top with sprouts and a squeeze of lime.
- ☐ Wine note: "When I hear that a seafood dish has a kick, I reflexively go to the fire-extinguishing quality of a German Riesling. A light, off-dry Riesling such as Dr. Loosen Riesling Kabinett (\$2
- ☐ or Gunderloch Jean-Baptiste Riesling Kabinett (\$1
- ☐ will tame the heat emanating from the chile and garlic powders in this preparation. These wines' mouthwatering tanginess--so admirable in a good Riesling--will refresh the palate after a mouthful of fried crab." --Mark Oldman

Nutrition Facts



Properties

Glycemic Index:76.08, Glycemic Load:31.26, Inflammation Score:-10, Nutrition Score:30.017825717511%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 1289.38kcal (64.47%), Fat: 74.57g (114.73%), Saturated Fat: 22.44g (140.25%), Carbohydrates: 134.48g (44.83%), Net Carbohydrates: 124.38g (45.23%), Sugar: 8.57g (9.53%), Cholesterol: 25.29mg (8.43%), Sodium: 1469.55mg (63.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.52g (43.05%), Iron: 16.59mg (92.18%), Vitamin K: 75.02µg (71.45%), Vitamin A: 3312.19IU (66.24%), Manganese: 1.18mg (58.99%), Folate: 212.12µg (53.03%),

Vitamin B1: 0.64mg (42.5%), Fiber: 10.1g (40.42%), Vitamin B3: 6.49mg (32.46%), Phosphorus: 281.3mg (28.13%),
Vitamin B2: 0.47mg (27.52%), Magnesium: 84.51mg (21.13%), Vitamin E: 3.17mg (21.12%), Selenium: 13.57µg (19.39%),
Potassium: 663.59mg (18.96%), Vitamin B6: 0.34mg (17.12%), Vitamin C: 13.67mg (16.57%), Copper: 0.32mg
(16.18%), Vitamin B5: 1.55mg (15.48%), Zinc: 1.94mg (12.96%), Calcium: 116.73mg (11.67%), Vitamin B12: 0.24µg
(3.93%), Vitamin D: 0.45µg (2.98%)