



Soft-Shell Po'boy

READY IN



45 min.

SERVINGS



6

CALORIES



1117 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon ground pepper black
- ☐ 6 servings rémoulade sauce
- ☐ 6 servings lettuce leaves
- ☐ 1 cup milk
- ☐ 0.3 cup vegetable oil; peanut oil preferred
- ☐ 6 soft-shell crabs
- ☐ 1 teaspoon salt

- ☐ 6 rolls split french
- ☐ 1 slices tomatoes

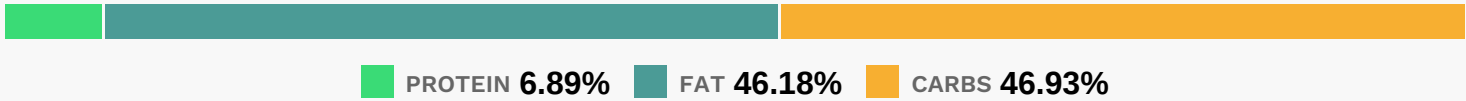
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Combine crabs and milk in a shallow dish. Cover and chill 1 hour; drain, discarding milk.
- ☐ Combine flour and next 3 ingredients. Dredge crabs in flour mixture.
- ☐ Saut crabs, topside down, in hot oil in a large skillet 1 to 2 minutes on each side.
- ☐ Drain on paper towels.
- ☐ Place each crab on a French roll. Top with Remoulade Sauce, lettuce, and tomato.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:32.38, Inflammation Score:-9, Nutrition Score:20.839130266853%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1117.29kcal (55.86%), Fat: 57g (87.7%), Saturated Fat: 16.18g (101.11%), Carbohydrates: 130.33g (43.44%), Net Carbohydrates: 124.23g (45.17%), Sugar: 6.93g (7.7%), Cholesterol: 4.88mg (1.63%), Sodium: 1410.17mg (61.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.13g (38.26%), Iron: 16.05mg (89.18%), Manganese: 0.96mg (48.03%), Vitamin B1: 0.64mg (42.6%), Folate: 157.51µg (39.38%), Vitamin A: 1917.61IU (38.35%), Vitamin B3: 5.69mg (28.44%), Vitamin B2: 0.45mg (26.37%), Fiber: 6.1g (24.38%), Selenium: 15.92µg (22.74%), Phosphorus: 188.9mg (18.89%), Vitamin E: 2.35mg (15.65%), Vitamin K: 13.34µg (12.7%), Calcium: 101.25mg (10.12%), Magnesium: 37.85mg (9.46%), Vitamin B5: 0.92mg (9.15%), Potassium: 303.82mg (8.68%), Copper: 0.16mg (7.79%), Zinc: 1.1mg (7.35%), Vitamin B6: 0.15mg (7.34%), Vitamin C: 5mg (6.06%), Vitamin B12: 0.22µg (3.66%), Vitamin D: 0.45µg (2.98%)