



Soft-Shelled Crabs Meunière

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



682 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 tablespoons ghee
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 small live soft-shelled crabs cleaned (4-inch-wide)
- ☐ 1.5 tablespoons butter unsalted cut into 3 pieces
- ☐ 1 cup milk whole

☐ 1 cup wondra all-purpose

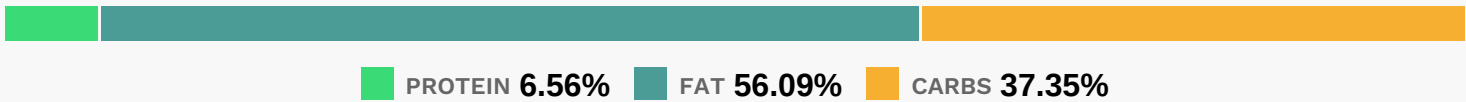
Equipment

☐ frying pan

Directions

- ☐ Combine milk, salt, and pepper in a shallow dish and soak crabs 5 minutes. Lift 1 crab out of milk, letting excess drip off, and dredge in flour. Knock off excess flour and transfer to a tray. Repeat with remaining crabs, arranging them in 1 layer as coated.
- ☐ Heat clarified butter in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then sauté crabs, upside down, 2 minutes. Turn over and sauté until golden brown, 2 to 3 minutes more.
- ☐ Transfer crabs to a serving dish.
- ☐ Add butter pieces to skillet and cook until golden brown with a nutty aroma.
- ☐ Add lemon juice and parsley (mixture will bubble up) and remove from heat.
- ☐ Season sauce with salt and pepper and drizzle over crabs.
- ☐ If the crabs you get are larger and don't fit 4 to the skillet, cook them in batches using more clarified butter.

Nutrition Facts



Properties

Glycemic Index:104, Glycemic Load:39.42, Inflammation Score:-7, Nutrition Score:18.374348039212%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 682.34kcal (34.12%), Fat: 43.08g (66.28%), Saturated Fat: 26.36g (164.78%), Carbohydrates: 64.55g (21.52%), Net Carbohydrates: 61.08g (22.21%), Sugar: 13.93g (15.48%), Cholesterol: 114.01mg (38.01%), Sodium: 1216.07mg (52.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.33g (22.66%), Vitamin K: 69.79µg (66.47%), Vitamin B1: 0.58mg (38.57%), Selenium: 23.73µg (33.9%), Folate: 123.75µg (30.94%), Vitamin B2: 0.5mg (29.37%), Manganese: 0.56mg (27.77%), Phosphorus: 207.27mg (20.73%), Vitamin B3: 3.98mg (19.92%), Calcium: 195.67mg (19.57%), Iron: 3.52mg (19.53%), Vitamin A: 800.41IU (16.01%), Fiber: 3.47g (13.89%), Vitamin B12: 0.68µg (11.28%), Potassium: 394.64mg (11.28%), Magnesium: 42.39mg (10.6%), Vitamin C: 8.41mg (10.2%), Vitamin D: 1.5µg (10%), Vitamin B5: 0.84mg (8.39%), Copper: 0.15mg (7.51%), Zinc: 1.11mg (7.37%), Vitamin B6: 0.13mg (6.35%), Vitamin E: 0.44mg (2.96%)