



 **79%**
HEALTH SCORE

Spiced Crabs and Shrimp With Potatoes

 **Gluten Free**  **Very Healthy**

READY IN



95 min.

SERVINGS



6

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 6 servings butter melted for dipping
- 2 teaspoons celery seeds
- 4 leafy stalks celery halved
- 2 tablespoons chili powder
- 2 tablespoons coriander seeds
- 2 tablespoons dill seeds
- 2 tablespoons optional: dill dried

- 1 head garlic cut in half horizontally
- 6 servings kosher salt
- 12 jumbo live crabs blue
- 2 tablespoons mustard seeds
- 1.5 pounds new potatoes
- 0.5 bunch parsley
- 2 teaspoons pepper flakes red
- 2 pounds shrimp unpeeled ()
- 2 tablespoons paprika sweet
- 10 sprigs thyme leaves
- 2 tablespoons peppercorns white

Equipment

- bowl
- pot
- blender
- slotted spoon
- tongs
- colander
- cheesecloth

Directions

- Combine the dill seeds, dried dill, mustard seeds, chili powder, paprika, coriander seeds, peppercorns, celery seeds, red pepper flakes and bay leaves in a small bowl.
- Transfer to a blender or spice grinder in batches and pulse until coarsely ground.
- Fill a large deep pot with 8 quarts water.
- Add the spice mixture, thyme, parsley, garlic, celery and 1/4 cup salt. Cover and bring to a boil over high heat. Uncover, reduce the heat and simmer, 30 minutes.

- Meanwhile, put the crabs in a large colander in the sink. Holding each crab with tongs, run under cold water to wash away sand.
- Transfer to a large container of ice water and soak 15 minutes. (This relaxes the crabs and helps remove the grit.)
- Remove the crabs and discard the water. If the crabs are still sandy, repeat.
- Bring the spiced broth to a boil over high heat. Wrap the potatoes in cheesecloth and tie closed.
- Add the crabs to the broth, then the potatoes; cover and cook, stirring once or twice, until the crab shells are bright red, 15 to 20 minutes.
- Remove the potatoes after 15 minutes.
- Transfer the crabs to a platter or newspaper with tongs, letting the excess liquid drain into the pot.
- Let sit at least 5 minutes before eating.
- Meanwhile, add the shrimp to the pot, stir once and cook until the shells are pink, 5 to 6 minutes.
- Remove with a slotted spoon. Season the crabs, shrimp and potatoes with salt.
- Serve with melted butter and the broth, for dipping.
- Photograph by Con Poulos

Nutrition Facts

PROTEIN 60.77% **FAT 16.48%** **CARBS 22.75%**

Properties

Glycemic Index:47.96, Glycemic Load:15.14, Inflammation Score:-10, Nutrition Score:54.929999849071%

Flavonoids

Apigenin: 10.88mg, Apigenin: 10.88mg, Apigenin: 10.88mg, Apigenin: 10.88mg Luteolin: 5.92mg, Luteolin: 5.92mg, Luteolin: 5.92mg, Luteolin: 5.92mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 608.94kcal (30.45%), Fat: 11.23g (17.27%), Saturated Fat: 3.49g (21.8%), Carbohydrates: 34.89g (11.63%), Net Carbohydrates: 26.76g (9.73%), Sugar: 1.74g (1.94%), Cholesterol: 446.52mg (148.84%), Sodium: 1441.26mg (62.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 93.16g (186.32%), Vitamin B12: 29.35µg (489.14%), Selenium: 131.41µg (187.73%), Copper: 3.11mg (155.42%), Zinc: 17.22mg (114.77%), Phosphorus: 1073.43mg (107.34%), Vitamin K: 86.86µg (82.72%), Magnesium: 278.07mg (69.52%), Potassium: 2332.7mg (66.65%), Vitamin B3: 12.52mg (62.6%), Vitamin A: 3114.17IU (62.28%), Manganese: 1.16mg (58.16%), Vitamin C: 47.06mg (57.05%), Vitamin B6: 1.06mg (53.11%), Folate: 179.69µg (44.92%), Vitamin B2: 0.69mg (40.79%), Calcium: 398.84mg (39.88%), Iron: 7.1mg (39.46%), Fiber: 8.13g (32.52%), Vitamin B1: 0.33mg (21.68%), Vitamin B5: 1.66mg (16.6%), Vitamin E: 2.32mg (15.45%)