

What She Ate

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health-score 75%

HEALTH SCORE

Spicy Crab Curry - Bangla Style

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

115 min.

SERVINGS

servings

4

CALORIES

calories

258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 peppercorns whole black
- ☐ 2 pods cardamom pods green
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 stick piece cinnamon 1 inch
- ☐ 2 dungeness crabs fresh with their shells cracked cleaned
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1.5 teaspoons ginger/garlic paste
- ☐ 1.5 teaspoons ginger paste

- ☐ 2 teaspoons ground turmeric
- ☐ 1 wedge lemon fresh
- ☐ 1 tablespoon mustard oil
- ☐ 1 tablespoon mustard seed
- ☐ 1.8 cups potatoes boiling peeled halved lengthwise
- ☐ 3 cups onion red sliced
- ☐ 4 servings salt to taste
- ☐ 4 thai chiles green
- ☐ 2 large tomatoes coarsely chopped
- ☐ 1 tablespoon water hot
- ☐ 1 teaspoon sugar white

Equipment

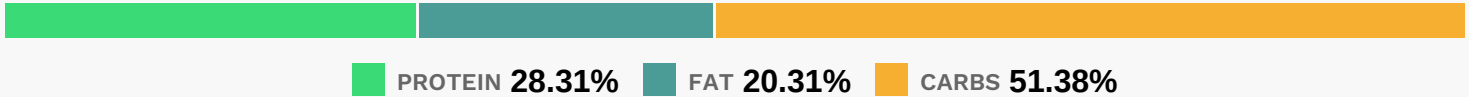
- ☐ bowl
- ☐ wok
- ☐ mortar and pestle

Directions

- ☐ Rub the crabs with 1 teaspoon of the turmeric and 1/2 teaspoon salt; let them marinate for 1 hour.
- ☐ Combine the mustard seed and hot water in a small bowl and let stand for 10 minutes. Use a mortar and pestle to grind the seeds into a coarse paste.
- ☐ Heat the oil in a wok or kadhai over medium heat.
- ☐ Add the crabs and stir fry until they change color, about 4 minutes.
- ☐ Remove the crabs from the oil and set aside.
- ☐ Add the sliced onions to the wok and cook and stir over medium heat until the onions are translucent, about 5 minutes. Raise the heat to high, add the potatoes, and cook, stirring constantly, for about 2 minutes.
- ☐ Add the cloves, cinnamon stick, cardamom pods, and peppercorns, and stir for thirty seconds.

- ☐
- Stir in the tomatoes, ginger paste, and garlic paste. Halve three of the chiles and add them to the wok. Cook and stir for an additional minute or two over high heat. Reduce the heat to medium; add the remaining 1 teaspoon turmeric, the cayenne pepper, and the mustard paste and stir to combine.
- ☐
- Add the crabs to the wok and pour in just enough water to cover the vegetables. Bring the water to a boil and stir in the sugar and salt to taste.
- ☐
- Cover the wok, reduce the heat, and simmer until the potatoes are tender and the water is reduced by half, about 10 minutes.
- ☐
- Remove the lid, stir, and simmer until the gravy is thickened, about 5 minutes more.
- ☐
- Squeeze the lemon wedge over the finished dish.
- ☐
- Garnish with chopped cilantro and sliced green chile and serve hot, with rice.

Nutrition Facts



Properties

Glycemic Index:75.4, Glycemic Load:4.48, Inflammation Score:-10, Nutrition Score:26.515217470086%

Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 26.46mg, Quercetin: 26.46mg, Quercetin: 26.46mg

Nutrients (% of daily need)

Calories: 257.84kcal (12.89%), Fat: 5.98g (9.21%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 34.07g (11.36%), Net Carbohydrates: 26.66g (9.69%), Sugar: 11.26g (12.51%), Cholesterol: 48.08mg (16.03%), Sodium: 608.56mg (26.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.77g (37.55%), Vitamin B12: 7.34µg (122.25%), Selenium: 37.32µg (53.31%), Manganese: 1.06mg (53.12%), Vitamin C: 39.83mg (48.28%), Copper: 0.78mg (39.22%), Potassium: 1074.42mg (30.7%), Fiber: 7.41g (29.65%), Zinc: 4.41mg (29.37%), Phosphorus: 279mg (27.9%), Vitamin B6: 0.53mg (26.28%), Vitamin A: 1186.66IU (23.73%), Folate: 91.36µg (22.84%), Magnesium: 90.41mg (22.6%), Vitamin B3: 4.28mg (21.41%), Vitamin K: 16.97µg (16.16%), Vitamin B1: 0.21mg (14.32%), Vitamin B2: 0.23mg (13.47%), Iron: 2.31mg (12.81%), Calcium: 109.93mg (10.99%), Vitamin B5: 0.76mg (7.55%), Vitamin E: 0.92mg (6.14%)