



Spicy Peppered Crab Legs

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds snow crab legs frozen thawed
- 6 cloves garlic chopped
- 10 slices ginger peeled thin
- 2 tablespoons oyster sauce
- 4 servings pepper freshly ground
- 4 jalapeño peppers red seeded finely chopped
- 8 scallions cut into 2-inch pieces
- 2 tablespoons soya sauce

- 2 teaspoons sugar
- 1 stick butter unsalted cubed
- 2 tablespoons vegetable oil
- 4 servings rice white for serving

Equipment

- bowl
- frying pan
- roasting pan
- stove
- dutch oven

Directions

- Cut the crab legs into 3-inch pieces with kitchen shears.
- Cut along one side of the shell on each piece so the meat can be easily removed after cooking.
- Place the remaining ingredients by the stove. Toast 2 tablespoons pepper in a small skillet over medium-high heat until fragrant, about 2 minutes; remove from the heat.
- Heat the vegetable oil and butter in a large Dutch oven over medium-high heat until sizzling (you can also set a roasting pan over two burners).
- Add the garlic, ginger, scallions and jalapenos; sprinkle with the sugar and cook, stirring, until the mixture is fragrant, about 1 minute.
- Add the crab pieces, oyster sauce and soy sauce. Cook, tossing, until heated through, about 5 minutes. Scatter the toasted pepper on top and continue to cook, tossing, about 1 more minute.
- Transfer the crab and sauce to a bowl.
- Serve with rice.
- Photograph by Roland Bello

Nutrition Facts



■ PROTEIN 15.6% ■ FAT 50.82% ■ CARBS 33.58%

Properties

Glycemic Index:75.07, Glycemic Load:24.97, Inflammation Score:-8, Nutrition Score:24.939565181732%

Flavonoids

Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 543.93kcal (27.2%), Fat: 30.74g (47.29%), Saturated Fat: 15.74g (98.39%), Carbohydrates: 45.71g (15.24%), Net Carbohydrates: 43.95g (15.98%), Sugar: 3.65g (4.06%), Cholesterol: 96.46mg (32.15%), Sodium: 1471.41mg (63.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.23g (42.46%), Vitamin B12: 7.74µg (128.99%), Vitamin K: 66.41µg (63.25%), Selenium: 39.56µg (56.51%), Copper: 0.98mg (48.97%), Vitamin C: 32.25mg (39.09%), Zinc: 5.83mg (38.9%), Manganese: 0.75mg (37.26%), Phosphorus: 283.26mg (28.33%), Vitamin A: 1099.89IU (22%), Vitamin B6: 0.37mg (18.64%), Magnesium: 69.16mg (17.29%), Folate: 64.2µg (16.05%), Vitamin B3: 2.54mg (12.71%), Potassium: 408.6mg (11.67%), Vitamin E: 1.51mg (10.06%), Iron: 1.72mg (9.58%), Calcium: 92.11mg (9.21%), Vitamin B5: 0.92mg (9.15%), Vitamin B2: 0.13mg (7.77%), Vitamin B1: 0.11mg (7.34%), Fiber: 1.75g (7%), Vitamin D: 0.42µg (2.83%)