



Steamed Blue Crabs with Black Ginger Dipping Sauce

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



629 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons apple cider vinegar black chinese (preferably Chinking)
- 0.5 cup cilantro leaves fresh coarsely chopped
- 1.5 tablespoons ginger fresh peeled finely chopped
- 36 pd of lobster blue rinsed well ()
- 0.3 teaspoon salt
- 0.5 cup soya sauce
- 0.3 cup sugar

0.3 cup water

Equipment

bowl

pot

aluminum foil

tongs

Directions

Bring 1 1/2 inches water to a boil in pot.

Add cilantro stems, then carefully add half of crabs using tongs and return to a boil. Cook, covered with lid, 8 minutes (for 1/4-pound crabs) to 10 minutes (for 1/3-pound crabs) from time they enter water. (Break shell of 1 claw to check for doneness; crabmeat should be opaque.)

Transfer crabs with long-handled tongs to a large platter, reserving cooking liquid in pot, and keep warm, loosely covered with foil. Cook remaining crabs in same manner.

While crabs cook, stir together ginger (to taste), soy sauce, sugar, water, vinegar, and salt in a small bowl until sugar and salt are dissolved.

If necessary, dip crabs in cooking liquid to remove any external residue, then transfer to another large platter.

Serve crabs hot, with dipping sauce.

*We recommend Gold Plum brand, available at Asian markets and Kam Man Food Products (212-571-0330).

Nutrition Facts

PROTEIN **84.83%** FAT **8.62%** CARBS **6.55%**

Properties

Glycemic Index:28.68, Glycemic Load:6.03, Inflammation Score:-8, Nutrition Score:44.393043321112%

Flavonoids

Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 629.09kcal (31.45%), Fat: 5.74g (8.82%), Saturated Fat: 1.37g (8.59%), Carbohydrates: 9.81g (3.27%), Net Carbohydrates: 9.58g (3.48%), Sugar: 8.72g (9.69%), Cholesterol: 960.12mg (320.04%), Sodium: 4376.53mg (190.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 126.98g (253.97%), Selenium: 481.05µg (687.22%), Copper: 10.23mg (511.72%), Zinc: 26.79mg (178.58%), Vitamin B12: 9.45µg (157.5%), Phosphorus: 1244.13mg (124.41%), Vitamin B5: 11.04mg (110.38%), Magnesium: 296.59mg (74.15%), Vitamin B3: 12.82mg (64.1%), Calcium: 641.04mg (64.1%), Potassium: 1572.86mg (44.94%), Vitamin E: 6.62mg (44.1%), Vitamin B6: 0.83mg (41.48%), Manganese: 0.55mg (27.44%), Folate: 80.1µg (20.02%), Iron: 2.48mg (13.78%), Vitamin B1: 0.16mg (10.93%), Vitamin B2: 0.14mg (8.21%), Vitamin K: 4.14µg (3.94%), Vitamin A: 120.21IU (2.4%)