



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 Chinkiang)
- ☐ 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

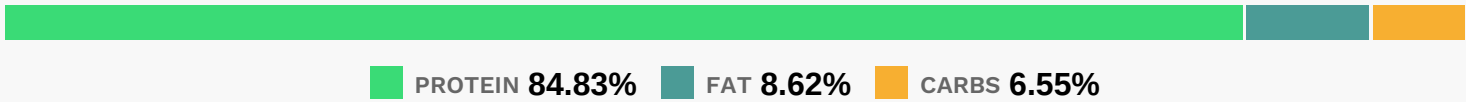
Equipment

- ☐ 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



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%)