



WHATSheATE



Steamed Crab with Egg



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



166 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 580 g live crab
- ☐ 1 egg white
- ☐ 3 slices ginger cut into matchsticks
- ☐ 1 tsp sesame oil
- ☐ 1 Tbs rice wine
- ☐ 1 spring onion diced
- ☐ 2 eggs whole

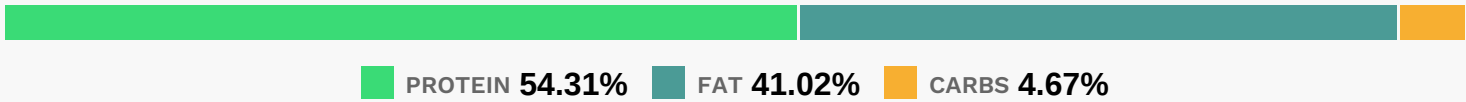
Equipment

- ☐ knife
- ☐ chopsticks

Directions

- ☐ Use a knife or chopstick and stab it through the small opening right above the triangular abdominal flap. Pull off the abdominal flap and wash away the smelly stuff.
- ☐ Place your thumb into the space where you just pulled off the abdomen flap and pull the carapace (the thick hard shell covering the insides) from the rest of the crab.
- ☐ Remove the gills. Chop the body into a few pieces. Lightly crush the claws with the back of a chopper. Try to retain all the juices while handling the crab.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:16.821304316106%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 165.88kcal (8.29%), Fat: 6.93g (10.66%), Saturated Fat: 1.77g (11.06%), Carbohydrates: 1.77g (0.59%), Net Carbohydrates: 1.56g (0.57%), Sugar: 0.46g (0.51%), Cholesterol: 194.13mg (64.71%), Sodium: 694.98mg (30.22%), Alcohol: 1.21g (100%), Alcohol %: 1.02% (100%), Protein: 20.64g (41.28%), Vitamin B12: 6.93µg (115.5%), Selenium: 43.06µg (61.51%), Copper: 0.72mg (35.8%), Zinc: 4.92mg (32.81%), Phosphorus: 251.84mg (25.18%), Vitamin B2: 0.3mg (17.88%), Folate: 57.35µg (14.34%), Vitamin K: 12.86µg (12.25%), Magnesium: 45.4mg (11.35%), Vitamin B5: 0.97mg (9.67%), Vitamin B6: 0.19mg (9.64%), Vitamin C: 6.35mg (7.7%), Potassium: 263.95mg (7.54%), Iron: 1.32mg (7.36%), Calcium: 64.21mg (6.42%), Vitamin A: 314.82IU (6.3%), Vitamin D: 0.88µg (5.87%), Vitamin B3: 0.9mg (4.5%), Vitamin E: 0.53mg (3.56%), Vitamin B1: 0.05mg (3.56%), Manganese: 0.06mg (2.79%)