



Stir-Fried Crocodile with Spicy Black Bean Sauce



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tsp baking soda
- ☐ 2.5 Tbs preserved black beans – 3 times minced rinsed
- ☐ 2 tsp masa
- ☐ 3 cloves garlic – or pressed finely chopped
- ☐ 1 tsp ginger grated
- ☐ 1 Tbs soya sauce light
- ☐ 350 g crocodile tail fillet cut into bite-sized pieces

- ☐ 2 servings oyster sauce to taste
- ☐ 1 dash pepper powder white
- ☐ 2 servings sesame oil
- ☐ 0.5 Tbs rice wine
- ☐ 2 stalks spring onion white green separated cut into 2-inch in length, and parts (10 stalks)
- ☐ 1 tsp sugar
- ☐ 0.3 cup water

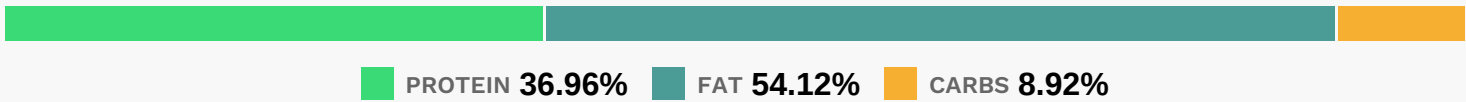
Equipment

- ☐ paper towels

Directions

- ☐ Mix together crocodile meat and baking soda to tenderise the meat. Leave at room temperature for 15 mins then rinse thoroughly.
- ☐ Drain and pat dry meat with paper towels.

Nutrition Facts



Properties

Glycemic Index:96.05, Glycemic Load:2.99, Inflammation Score:-1, Nutrition Score:7.1565218778408%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 630.23kcal (31.51%), Fat: 37.52g (57.73%), Saturated Fat: 11.31g (70.7%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 11.37g (4.13%), Sugar: 2.67g (2.97%), Cholesterol: 192.5mg (64.17%), Sodium: 1503.67mg (65.38%), Alcohol: 0.6g (100%), Alcohol %: 0.28% (100%), Protein: 57.65g (115.31%), Iron: 7.94mg (44.13%), Vitamin K: 26.82µg (25.54%), Manganese: 0.27mg (13.39%), Fiber: 2.56g (10.22%), Folate: 38.7µg (9.68%), Calcium: 68.18mg (6.82%), Magnesium: 26.08mg (6.52%), Phosphorus: 61.1mg (6.11%), Vitamin B6: 0.12mg (5.98%), Vitamin B1: 0.08mg (5.16%), Copper: 0.1mg (4.83%), Vitamin C: 3.82mg (4.63%), Potassium: 154.83mg (4.42%), Vitamin B3:

0.65mg (3.24%), Zinc: 0.45mg (2.98%), Vitamin B2: 0.05mg (2.74%), Selenium: 1.83µg (2.62%), Vitamin A: 121.4IU (2.43%), Vitamin E: 0.27mg (1.83%), Vitamin B5: 0.13mg (1.26%)