



Stone Crab Claws with Zesty Orange-Horseradish Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



204 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pounds stone crab claws
- ☐ 1 tablespoon dijon mustard coarse-grained
- ☐ 2 tablespoons horseradish prepared
- ☐ 0.5 cup mayonnaise
- ☐ 2 tablespoons orange juice concentrate frozen thawed
- ☐ 0.1 teaspoon salt

Equipment

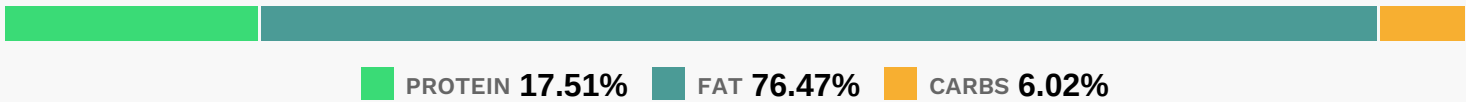
☐

bowl

Directions

- ☐ Combine first 5 ingredients in a small bowl.
- ☐ Serve with crab claws.

Nutrition Facts



Properties

Glycemic Index:23.4, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:10.708260746106%

Nutrients (% of daily need)

Calories: 203.89kcal (10.19%), Fat: 17.18g (26.44%), Saturated Fat: 2.68g (16.74%), Carbohydrates: 3.05g (1.02%), Net Carbohydrates: 2.66g (0.97%), Sugar: 2.41g (2.67%), Cholesterol: 28.46mg (9.49%), Sodium: 638.19mg (27.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.7%), Vitamin B12: 4.11µg (68.49%), Vitamin K: 36.66µg (34.91%), Selenium: 18.24µg (26.05%), Copper: 0.43mg (21.59%), Zinc: 2.81mg (18.74%), Vitamin C: 13.26mg (16.07%), Phosphorus: 112.75mg (11.27%), Folate: 29.26µg (7.32%), Magnesium: 27.58mg (6.9%), Vitamin E: 0.78mg (5.21%), Vitamin B6: 0.09mg (4.58%), Potassium: 153.49mg (4.39%), Calcium: 30.19mg (3.02%), Vitamin B3: 0.6mg (3.02%), Vitamin B1: 0.04mg (2.94%), Vitamin B5: 0.25mg (2.45%), Iron: 0.41mg (2.26%), Vitamin B2: 0.04mg (2.21%), Manganese: 0.04mg (2.03%), Fiber: 0.39g (1.54%)