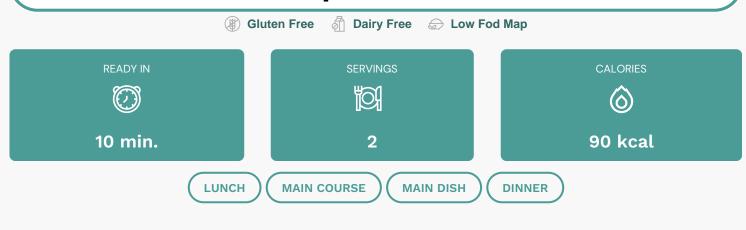


# **Stovetop Crab Innards**



# Ingredients

	1 crabs
	2 tablespoons rice wine

# **Equipment**

oven mitt

knife stove

# Take shell off crab: Insert knife into the crevice on underside (ventral side) of crab near abdominal segment. Twist firmly to separate shell from body of crab, taking care to preserve innards inside crab shell. Place shell directly over stove burner and turn heat on low. Add sake to shell. Cook until innards have just cooked through and are still tender, about 2 to 3 minutes. Liquids inside shell will begin bubble vigorously after 30 to 40 seconds.

## **Nutrition Facts**

PROTEIN 82% FAT 10.22% CARBS 7.78%

## **Properties**

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:12.2591305712%

With oven mitts, remove shell from heat and place onto plate.

Serve with rice or use as spread on toast.

### Nutrients (% of daily need)

Calories: 90.19kcal (4.51%), Fat: 0.79g (1.22%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 1.35g (0.49%), Sugar: 0g (0%), Cholesterol: 48.08mg (16.03%), Sodium: 240.73mg (10.47%), Alcohol: 2.41g (100%), Alcohol %: 3.17% (100%), Protein: 14.26g (28.53%), Vitamin B12: 7.34µg (122.25%), Selenium: 30.45µg (43.49%), Copper: 0.55mg (27.53%), Zinc: 3.48mg (23.22%), Phosphorus: 149.23mg (14.92%), Vitamin B3: 2.56mg (12.8%), Magnesium: 37.58mg (9.39%), Folate: 35.86µg (8.97%), Potassium: 292.26mg (8.35%), Vitamin B2: 0.14mg (8.01%), Vitamin B6: 0.12mg (6.11%), Calcium: 38.24mg (3.82%), Vitamin C: 2.85mg (3.46%), Manganese: 0.07mg (3.26%), Vitamin B5: 0.29mg (2.85%), Vitamin B1: 0.04mg (2.55%), Iron: 0.32mg (1.76%), Vitamin A: 73.35IU (1.47%)