



Stovetop Crab Innards



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



2

CALORIES



90 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 crabs



2 tablespoons rice wine

Equipment



knife



stove



oven mitt

Directions

- ☐ 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.
- ☐ With oven mitts, remove shell from heat and place onto plate.
- ☐ Serve with rice or use as spread on toast.

Nutrition Facts



Properties

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

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%)