



The World's Greatest Crab

 Gluten Free

READY IN



16 min.

SERVINGS



12

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter
- 4 pounds snow crab clusters thawed
- 0.5 cup garlic minced
- 0.5 cup olive oil

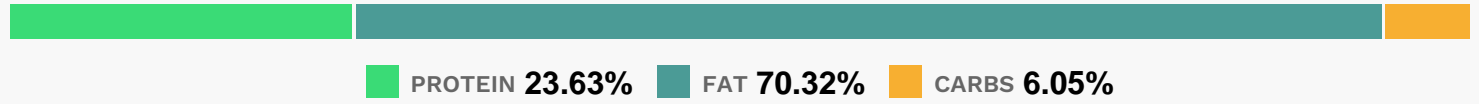
Equipment

- whisk
- grill

Directions

- Preheat an outdoor grill for high heat. When hot, lightly oil grate.
- Whisk together the olive oil, butter, and garlic; generously brush onto crab.
- Cook crab on preheated grill, turning once, until the shell begins to brown, about 6 minutes.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:7.5221740149933%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 123.92kcal (6.2%), Fat: 9.73g (14.96%), Saturated Fat: 5.15g (32.18%), Carbohydrates: 1.88g (0.63%), Net Carbohydrates: 1.76g (0.64%), Sugar: 0.06g (0.07%), Cholesterol: 36.21mg (12.07%), Sodium: 377.82mg (16.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.71%), Vitamin B12: 3.42µg (56.97%), Selenium: 14.66µg (20.94%), Copper: 0.37mg (18.27%), Zinc: 2.32mg (15.49%), Phosphorus: 93.72mg (9.37%), Vitamin B6: 0.13mg (6.36%), Manganese: 0.11mg (5.4%), Vitamin C: 4.41mg (5.35%), Magnesium: 20.13mg (5.03%), Vitamin A: 245.95IU (4.92%), Folate: 17.09µg (4.27%), Vitamin E: 0.48mg (3.22%), Calcium: 29.93mg (2.99%), Potassium: 102.12mg (2.92%), Vitamin B3: 0.46mg (2.3%), Vitamin B1: 0.03mg (1.87%), Iron: 0.33mg (1.84%), Vitamin B5: 0.18mg (1.76%), Vitamin K: 1.84µg (1.75%), Vitamin B2: 0.03mg (1.51%)