



Uncle Bubba's Crab Martini

 **Gluten Free**  **Dairy Free**

READY IN



27 min.

SERVINGS



6

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 asparagus stalks fresh
- 0.3 cup pepper black
- 6 servings crab boil seasoning (recommended: Old Bay)
- 1 pound claw crab meat cooked
- 2 tablespoons dijon mustard
- 0.3 cup garlic powder
- 1 juice of lemon plus more for dipping glass
- 6 servings lemon pepper and seasoning salt

- 6 servings lemon wedges for garnish
- 1 pound lump crab meat cleaned cooked
- 1 cup mayonnaise
- 6 servings olives for garnish
- 1 cup salt
- 2 small to 3 tomatoes diced

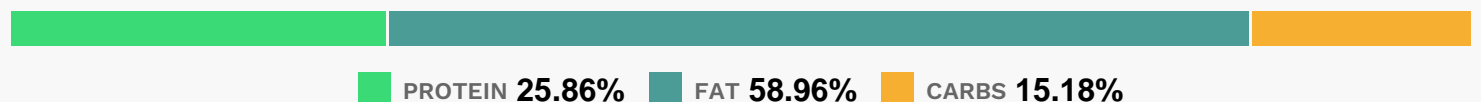
Equipment

- bowl
- pot

Directions

- In a large pot bring salted water to a boil and blanch the asparagus by placing them in boiling salted water for 1 minute, and immediately shocking them in a bowl of ice water (an ice water bath.) Trim the very bottom of the asparagus and discard.
- Cut off the top 2 inches of the asparagus and set aside for garnish. Finely chop the remaining asparagus. In a medium bowl, combine the asparagus with the mayonnaise, mustard, tomatoes, lemon zest and lemon juice. Gently fold the crabmeat into the asparagus mixture and season to taste with lemon pepper and House Seasoning. Using the extra lemon juice wet the rim of the martini glass and dip it into the crab boil seasoning.
- Put the crab mixture into the prepared glass and serve with the asparagus tops, lemon wedges, and olives as garnish.
- Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:41.08, Glycemic Load:2.18, Inflammation Score:-8, Nutrition Score:36.359130237413%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 489.94kcal (24.5%), Fat: 32.72g (50.34%), Saturated Fat: 5.18g (32.35%), Carbohydrates: 18.95g (6.32%), Net Carbohydrates: 13.37g (4.86%), Sugar: 2.31g (2.56%), Cholesterol: 79.18mg (26.39%), Sodium: 20740.98mg (901.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.29g (64.58%), Vitamin B12: 13.65µg (227.54%), Vitamin K: 109.37µg (104.16%), Selenium: 61.56µg (87.94%), Copper: 1.72mg (86.24%), Manganese: 1.71mg (85.73%), Zinc: 9.84mg (65.63%), Phosphorus: 429.61mg (42.96%), Magnesium: 116.84mg (29.21%), Vitamin B6: 0.51mg (25.72%), Folate: 100.73µg (25.18%), Iron: 4.32mg (23.97%), Vitamin C: 19.37mg (23.48%), Fiber: 5.59g (22.35%), Potassium: 742.39mg (21.21%), Vitamin E: 2.73mg (18.23%), Calcium: 180.86mg (18.09%), Vitamin A: 744.93IU (14.9%), Vitamin B1: 0.2mg (13.33%), Vitamin B3: 2.49mg (12.44%), Vitamin B2: 0.16mg (9.66%), Vitamin B5: 0.95mg (9.49%)