



Vietnamese-style Spicy Crab with Garlic Noodles

READY IN



90 min.

SERVINGS



6

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup basil leaves chopped
- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 3 tablespoons butter at room temperature
- ☐ 0.5 teaspoon cayenne
- ☐ 0.5 cup cilantro leaves
- ☐ 2 dungeness crabs cleaned cooked quartered
- ☐ 1 cup flour
- ☐ 2 tablespoons ginger fresh grated

- ☐ 10 cloves garlic chopped
- ☐ 4 green onions chopped
- ☐ 0.5 cup mint leaves chopped
- ☐ 6 small chiles dried red
- ☐ 0.3 cup sake
- ☐ 1.5 teaspoons salt
- ☐ 4 serrano chiles stemmed seeded chopped
- ☐ 0.5 pound spaghettini thin (spaghetti)
- ☐ 3 tbsp vegetable oil for frying

Equipment

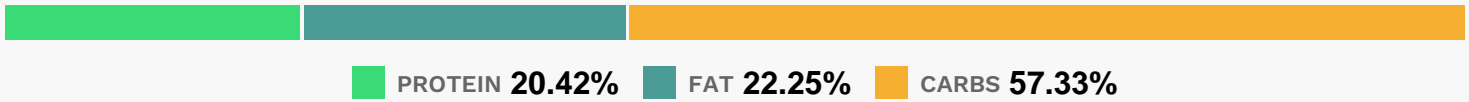
- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ Combine flour, 1 tsp. salt, 1 tsp. pepper, and the cayenne in a large bowl. Pat crab pieces dry with paper towels and toss (in batches) with flour mixture.
- ☐ Remove crab and shake off excess flour. Set aside.
- ☐ In a wok or large pot, heat 3 in. oil to 37
- ☐ Lay out paper towels for draining crab and garlic. Fry crab in batches (do not crowd wok) until golden, about 5 minutes per batch.
- ☐ Drain on paper towels.
- ☐ Using the same hot oil, fry garlic until golden brown, 2 to 3 minutes.
- ☐ Remove with a slotted spoon and drain on paper towels. Set garlic aside; cool and discard oil.
- ☐ Bring a large pot of water to a boil.
- ☐ Add 1 tbsp. of the salt and the spaghettini. Cook until tender to the bite, 5 to 10 minutes.

- ☐ Drain, transfer to a serving bowl, and toss with butter and half of the fried garlic. Cover and put in a warm place.
- ☐ Heat a wok or pot large enough to hold all the crab over high heat.
- ☐ Add remaining 3 tbsp. oil, dried chiles, and ginger. Cook, stirring constantly, until fragrant, about 30 seconds.
- ☐ Add green onions, serrano chiles, and remaining 1/2 tsp. salt. Cook, stirring, until onions wilt, about 1 minute.
- ☐ Add sake and cook, stirring, until sake is reduced by about half. Stir in crab and cover. Cook until crab is heated through, about 3 minutes.
- ☐ Remove lid and cook, stirring, until any liquid evaporates. Stir in basil, mint, cilantro, and remaining 1/2 tsp. pepper. Cook, stirring, until herbs have wilted. Stir in remaining fried garlic.
- ☐ Transfer crab to a warm platter and serve hot, with garlic noodles.

Nutrition Facts



Properties

Glycemic Index:68.33, Glycemic Load:23.6, Inflammation Score:-8, Nutrition Score:21.5308691833333%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 363.29kcal (18.16%), Fat: 8.56g (13.16%), Saturated Fat: 4.06g (25.35%), Carbohydrates: 49.6g (16.53%), Net Carbohydrates: 46.6g (16.95%), Sugar: 1.75g (1.94%), Cholesterol: 47.11mg (15.7%), Sodium: 794.99mg (34.56%), Alcohol: 2.15g (100%), Alcohol %: 1.59% (100%), Protein: 17.66g (35.33%), Vitamin B12: 4.9µg (81.7%), Selenium: 52.24µg (74.63%), Manganese: 0.81mg (40.49%), Vitamin K: 42.44µg (40.42%), Copper: 0.58mg (28.91%), Phosphorus: 216mg (21.6%), Zinc: 3.21mg (21.42%), Folate: 83.83µg (20.96%), Vitamin A: 1006.32IU (20.13%), Vitamin B3: 3.92mg (19.58%), Vitamin B1: 0.25mg (16.49%), Magnesium: 62.21mg (15.55%), Vitamin B2: 0.26mg (15.19%), Iron: 2.36mg (13.13%), Vitamin B6: 0.26mg (12.9%), Potassium: 427.51mg (12.21%), Fiber: 3g (11.99%), Vitamin C: 9.44mg (11.44%), Calcium: 74.16mg (7.42%), Vitamin B5: 0.54mg (5.41%), Vitamin E: 0.55mg (3.64%)