



White Crab Stock



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



98 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 sprigs bouquet garnic fresh with string
- ☐ 2 celery stalks split
- ☐ 1 teaspoon crab boil seasoning
- ☐ 1 garlic bulb halved
- ☐ 0.5 juice of lemon
- ☐ 6 live atlantic crabs blue
- ☐ 1 onion peeled halved
- ☐ 8 servings sea salt to taste

- ☐ 1 turnip split
- ☐ 2 quarts water cold
- ☐ 0.5 teaspoon peppercorns whole white
- ☐ 0.5 cup white wine

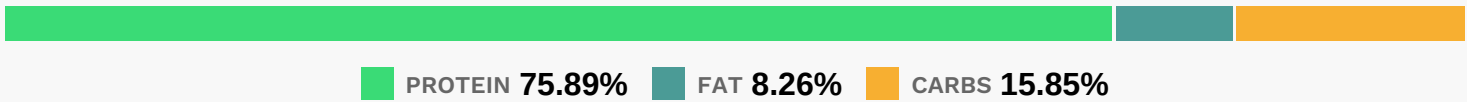
Equipment

- ☐ pot

Directions

- ☐ Pour water in a large stockpot and place over low-medium flame.
- ☐ Add the vegetables and bouquet garni; cook for 5 minutes until the vegetables begin to become tender.
- ☐ Add the lemon juice, crab boil seasoning, peppercorns, wine and salt. Simmer gently for 15 minutes, stirring to mingle flavors. Carefully put the crabs in the pot and continue to cook for another 15 minutes. The crab shells will be bright orange when done.
- ☐ Remove and shell the crabs. Strain the stock to discard the vegetable solids. Reserve the crab meat and stock for She-Crab soup.

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:0.9, Inflammation Score:-4, Nutrition Score:13.731739298157%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.11mg, Apigenin: 1.11mg, Apigenin: 1.11mg, Apigenin: 1.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 97.81kcal (4.89%), Fat: 0.78g (1.19%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 3.35g (1.12%), Net Carbohydrates: 2.68g (0.98%), Sugar: 1.38g (1.54%), Cholesterol: 120.01mg (40.01%), Sodium: 618.12mg (26.87%), Alcohol: 1.54g (100%), Alcohol %: 0.52% (100%), Protein: 16.02g (32.04%), Selenium: 60.38µg (86.26%), Copper: 1.34mg (66.96%), Zinc: 3.47mg (23.11%), Vitamin B12: 1.18µg (19.69%), Phosphorus: 165.17mg (16.52%), Vitamin B5: 1.43mg (14.33%), Magnesium: 44.24mg (11.06%), Vitamin K: 10.64µg (10.14%), Calcium: 100.87mg (10.09%), Vitamin B3: 1.62mg (8.09%), Potassium: 259.63mg (7.42%), Manganese: 0.15mg (7.39%), Vitamin B6: 0.15mg (7.32%), Vitamin C: 5.85mg (7.09%), Vitamin E: 0.84mg (5.62%), Folate: 16.38µg (4.1%), Iron: 0.54mg (2.98%), Fiber: 0.66g (2.65%), Vitamin B1: 0.03mg (2.31%), Vitamin B2: 0.03mg (1.55%), Vitamin A: 57.39IU (1.15%)