

Marinated Crab Claws

INGREDIENTS

- 1 lb. crab claws
- 1 (8 oz) bottle Wishbone Italian dressing
- 3 Tbsp. Worcestershire Sauce
- 2 lemons, juiced
- 2 cloves garlic, minced
- 1 tsp. horseradish sauce
- 3 stalks celery, chopped in chunks
- 1 each red, yellow, green bell peppers, chopped in chunks
- 1 white onion, chopped in chunks
- 3 carrots, chopped in chunks
- 1/4 c parsley, for garnish
- green onions for garnish

DIRECTIONS

1. Lightly wash and pick claws of any loose shells.
2. Place claws in a seal-able Tupperware container along with the next five ingredients. Marinate for 4 hours or overnight.
3. When ready to serve, place vegetables in a serving dish or tray.
4. Drain excess sauce from claws. Pour claws over vegetables.
5. Garnish with green onions and parsley.



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HEALTHY SWAPS

- **Lower Fat:** 169 calories. 2g fats, (0 saturated fats, 109mg cholesterol.) 18g carbohydrates (3g fiber, 7g sugar.) 1060mg sodium. 22g protein. Substitute low-fat Italian dressing.
- **Low-Carbohydrate:** 197 calories. 10g fats, (2g saturated fats, 109mg cholesterol.) 15g carbohydrates, (2g fiber, 8g sugar.) 836mg sodium. 22g protein. Substitute 4 cups mixed green for 2 of the bell peppers. Use sugar-free Italian dressing.
- **Lower sodium:** 652mg sodium. Use low-sodium Worcestershire sauce and Italian dressing.
- **Dairy-free:** Recipe is dairy-free as is.
- **Gluten-free:** Recipe is gluten-free as is.

Nutrition Facts		Amount/serving		% Daily Value*		Amount/serving		% Daily Value*	
6 servings per container		Total Fat 10g		13%	Total Carbohydrate 24g			9%	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
		Saturated Fat 2g		10%	Dietary Fiber 3g			11%	
Serving size 2 Cups		<i>Trans Fat</i> 0g			Total Sugars 12g				
		Cholesterol 110mg		37%	Includes 0g Added Sugars			0%	
Calories per serving		Sodium 1060mg		46%	Protein 22g			44%	
		Vitamin D 0mcg	0%	• Calcium 164mg	15%	• Iron 2mg	10%		
		Potassium 840mg	20%						