

# Florida Stone Crab Claws with Key Lime Mustard Dipping Sauce

*FreshFromFlorida.com*

## Servings: 4

*3 pounds stone crab claws (medium sized)*

*1 cup low-fat mayonnaise*

*5 tablespoons Dijon-style mustard*

*4 key limes (or 2 regular limes), juiced*

*sea salt (to taste)*

*fresh ground pepper (to taste)*

Crack the claws using a wooden hammer or a seafood cracker. Remove the shell and movable pincer leaving the meat attached to the remaining pincer. Set aside and keep refrigerated until use.

In a small bowl, combine the mayonnaise, mustard and lime juice. Taste the mustard sauce and adjust the seasoning with salt and pepper.

Serve with the mustard sauce.

---

Per Serving (excluding unknown items): 174 Calories; 17g Fat (86.5% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 20mg Cholesterol; 517mg Sodium. Exchanges: 0 Lean Meat; 3 1/2 Fat; 1/2 Other Carbohydrates.

Seafood

## Per Serving Nutritional Analysis

Calories (kcal):	174
% Calories from Fat:	86.5%
% Calories from Carbohydrates:	11.5%
% Calories from Protein:	2.0%
Total Fat (g):	17g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	20mg
Carbohydrate (g):	5g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	3mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	517mg	Vegetable:	0
Potassium (mg):	30mg	Fruit:	0
Calcium (mg):	16mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	3 1/2
Zinc (mg):	trace	Other Carbohydrates:	1/2
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 174 Calories from Fat: 150

### % Daily Values\*

<b>Total Fat</b>	17g	26%
Saturated Fat	2g	9%
<b>Cholesterol</b>	20mg	7%
<b>Sodium</b>	517mg	22%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	1g	2%
<b>Protein</b>	1g	

<b>Vitamin A</b>	0%
<b>Vitamin C</b>	0%
<b>Calcium</b>	2%
<b>Iron</b>	2%

\* Percent Daily Values are based on a 2000 calorie diet.