

**BOILED CRAB LEGS, ALASKAN KING, FROZEN**

**Yield** 100

**Portion** 5 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
173 cal	0 g	34 g	3 g	94 mg	1906 mg	113 mg

**Ingredient**

CRAB LEGS,ALASKAN KING  
 WATER,BOILING  
 BAY LEAF,WHOLE,DRIED  
 JUICE,LEMON  
 PARSLEY,FRESH,BUNCH,CHOPPED

**Weight**

50 lbs  
 58-1/2 lbs  
 1/4 oz  
 4-1/3 oz  
 8 oz

**Measure**

7 gal  
 6 lf  
 1/2 cup  
 3-3/4 cup

**Issue**

8-3/8 oz

**Method**

- 1 Drop legs in boiling water in steam-jacketed kettle or larger stock pot. If desired, add 6 bay leaves and lemon juice.
- 2 Bring water to boil; reduce heat. Cover. Simmer 10 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Remove legs. Garnish with parsley. NOTES: Crab legs may be steamed. Steam in a 5 pound PSI for 6 to 8 minutes or in a 15 pound PSI for 4 to 5 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.