

Boiled Snow Crab Legs with Old Bay Seasoning

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-bloody-mary-recipe-old-bay-seasoning>

Ingredients:

- 2 pounds crab legs frozen snow
- 3 tablespoons Old Bay Seasoning
- 1 tablespoon garlic powder
- 4 bay leaves
- 15 whole black peppercorns
- salt to taste
- water to fill the pot

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 175 milligrams
4. Fat: 2.5 grams
5. Fiber: 1 grams
6. Protein: 41 grams
7. Sodium: 860 milligrams

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