



 **58%**
HEALTH SCORE

Cavatappi pasta with salmon crab surimi

READY IN



45 min.

SERVINGS



4

CALORIES



726 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 180 g surimi crab sticks cut into small pieces
- 1 tsp basil dried
- 4 servings basil fresh chopped for sprinkling
- 4 servings basil fresh chopped for sprinkling
- 1 Tbs parsley fresh chopped
- 2 cloves garlic thinly sliced
- 3 tablespoons olive oil extra virgin extra-virgin
- 4 servings parmesan grated for sprinkling
- 400 g pasta (cavatappi pasta or similar)

- 0.3 tsp pepper
- 3 plum tomatoes ripe crushed peeled seeded
- 0.3 cup red wine
- 250 g salmon fillet canned drained
- 0.3 tsp salt
- 0.5 tsp sugar
- 0.8 cup tomato purée

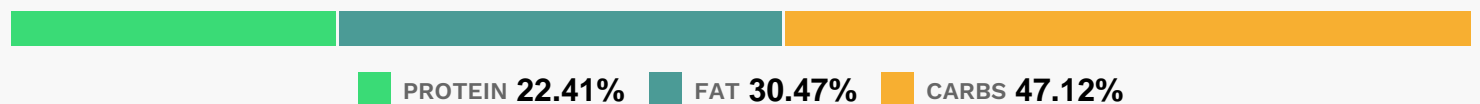
Equipment

- frying pan

Directions

- Saut garlic for 1 minute in hot oil, be careful not to burn it.
- Add salmon and surimi sticks to the pan, stir and simmer briefly.
- Add chopped tomatoes, tomato paste, herbs and wine, mix and combine.
- Sprinkle with sugar, and season with salt and pepper; stir and simmer for 2 – 3 minutes. Meanwhile, cook the pasta according to the manufacturer's instructions, drain (keep a little of the cooking water).
- Combine the Cavatappi pasta with the sauce. If the sauce is too thick, add a spoonful of pasta cooking water.
- Serve immediately, sprinkle with Parmesan cheese and fresh, chopped basil.

Nutrition Facts



Properties

Glycemic Index:106.52, Glycemic Load:31.37, Inflammation Score:-8, Nutrition Score:32.603043478261%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg

Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 2.08mg, Apigenin: 2.08mg, Apigenin: 2.08mg, Apigenin: 2.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Taste

Sweetness: 42.57%, Saltiness: 100%, Sourness: 49.08%, Bitterness: 27.12%, Savoriness: 74.63%, Fattiness: 81.13%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 726.05kcal (36.3%), Fat: 24.05g (36.99%), Saturated Fat: 7.31g (45.71%), Carbohydrates: 83.68g (27.89%), Net Carbohydrates: 78.7g (28.62%), Sugar: 7.16g (7.96%), Cholesterol: 59.5mg (19.83%), Sodium: 771.63mg (33.55%), Alcohol: 1.59g (8.83%), Protein: 39.8g (79.59%), Selenium: 97.48µg (139.25%), Manganese: 1.22mg (60.8%), Phosphorus: 587.34mg (58.73%), Vitamin B12: 3.36µg (56%), Vitamin K: 50.75µg (48.33%), Calcium: 423.27mg (42.33%), Vitamin B6: 0.84mg (41.79%), Vitamin B3: 7.93mg (39.63%), Copper: 0.76mg (37.96%), Magnesium: 114.17mg (28.54%), Potassium: 958.8mg (27.39%), Vitamin B2: 0.46mg (27.35%), Zinc: 3.67mg (24.45%), Vitamin A: 1194.63IU (23.89%), Iron: 3.78mg (21%), Fiber: 4.98g (19.93%), Vitamin E: 2.99mg (19.91%), Vitamin B5: 1.93mg (19.34%), Vitamin B1: 0.28mg (18.91%), Vitamin C: 14.82mg (17.96%), Folate: 58.52µg (14.63%)