



## Crab Alfredo

READY IN



35 min.

SERVINGS



4

CALORIES



675 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 tablespoons butter
- 0.5 teaspoon ground pepper
- 8 ounces crab meat flaked
- 4 ounce cream cheese softened
- 8 ounces fettuccine barilla dried
- 3 tablespoons flour all-purpose
- 2 cloves garlic minced
- 2 cups half and half
- 0.5 cup parmesan cheese grated

4 servings salt and pepper black to taste

## Equipment

bowl

sauce pan

pot

## Directions

Bring a large pot of lightly salted water to a boil.

Add pasta and cook for 8 to 10 minutes or until al dente; drain. Keep warm and covered.

Meanwhile, melt the butter in a large saucepan over medium heat.

Add the minced garlic and cook until garlic releases its aroma, about 2 minutes, being careful not to let the garlic brown. Stir in the flour, salt, pepper, and cayenne pepper. Reduce heat, and cook, stirring constantly for about 2 minutes.

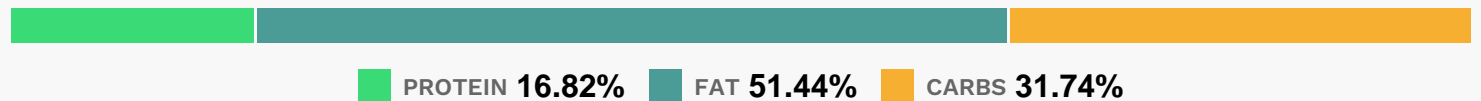
Add the half-and-half and stir over medium heat until slightly thickened, about 3 minutes.

Add the cream cheese and Parmesan cheese to the sauce and stir until cheeses melt and mixture is smooth.

Mix in the crabmeat and continue cooking until crabmeat is heated through, about 3 minutes.

Divide the fettucine between 2 plates or bowls and top with the crab sauce.

## Nutrition Facts



## Properties

Glycemic Index:64.5, Glycemic Load:20.65, Inflammation Score:-8, Nutrition Score:25.114347748134%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 674.5kcal (33.72%), Fat: 38.65g (59.46%), Saturated Fat: 22.31g (139.41%), Carbohydrates: 53.66g (17.89%), Net Carbohydrates: 51.54g (18.74%), Sugar: 7.2g (8%), Cholesterol: 175.87mg (58.62%), Sodium: 1129.24mg (49.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.43g (56.85%), Selenium: 78.25µg (111.79%), Vitamin B12: 5.75µg (95.77%), Phosphorus: 496.97mg (49.7%), Zinc: 5.69mg (37.93%), Copper: 0.73mg (36.29%), Calcium: 319.96mg (32%), Manganese: 0.59mg (29.43%), Vitamin B2: 0.45mg (26.69%), Vitamin A: 1332.52IU (26.65%), Magnesium: 81.9mg (20.48%), Vitamin B6: 0.32mg (16.08%), Folate: 59.24µg (14.81%), Vitamin B1: 0.22mg (14.36%), Potassium: 493.78mg (14.11%), Vitamin B5: 1.31mg (13.13%), Vitamin B3: 2.35mg (11.75%), Iron: 1.87mg (10.39%), Fiber: 2.12g (8.49%), Vitamin E: 1.14mg (7.62%), Vitamin C: 5.72mg (6.93%), Vitamin K: 3.64µg (3.47%), Vitamin D: 0.23µg (1.55%)