



Crab and Herb Fettucine

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



318 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup cooking wine dry white
- ☐ 0.5 lb egg fettuccine dried
- ☐ 3 tablespoons chives fresh chopped
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 3 tablespoons tarragon fresh chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1.5 teaspoons lemon zest fresh finely grated
- ☐ 1 lb lump crab meat picked over

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots finely chopped
- ☐ 10 tablespoons butter unsalted cold cut into tablespoon pieces
- ☐ 0.3 cup white-wine vinegar

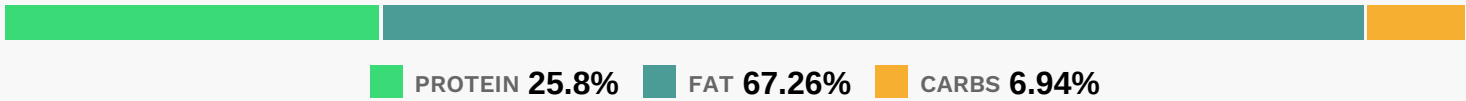
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Boil wine, vinegar, and shallot in a 2 1/2- to 3-quart heavy saucepan over moderate heat until liquid is reduced to about 1 tablespoon, about 3 minutes.
- ☐ Add a few tablespoons butter, whisking constantly.
- ☐ Add remaining butter 1 piece at a time, whisking constantly and adding each new piece before previous one has completely melted, lifting pan from heat occasionally to cool mixture. Reduce heat to low, then add crabmeat and cook, stirring occasionally, until just heated through, about 2 minutes.
- ☐ Remove pan from heat and stir in herbs, zest, lemon juice, and salt.
- ☐ Meanwhile, cook pasta in a 6- to 8-quart pot of boiling salted water until al dente. Reserve 3 tablespoons of pasta-cooking water, then drain pasta.
- ☐ Toss pasta with crab sauce and reserved cooking water in a serving bowl. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:1.67, Inflammation Score:-8, Nutrition Score:22.713478306065%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 318.27kcal (15.91%), Fat: 23.3g (35.84%), Saturated Fat: 13.31g (83.22%), Carbohydrates: 5.41g (1.8%), Net Carbohydrates: 4.51g (1.64%), Sugar: 1.55g (1.72%), Cholesterol: 222.53mg (74.18%), Sodium: 889.1mg (38.66%), Alcohol: 1.03g (100%), Alcohol %: 0.7% (100%), Protein: 20.11g (40.21%), Vitamin B12: 7.18µg (119.67%), Vitamin K: 59.75µg (56.91%), Selenium: 39.71µg (56.72%), Copper: 0.77mg (38.69%), Zinc: 5.26mg (35.07%), Phosphorus: 270.91mg (27.09%), Vitamin A: 1299.68IU (25.99%), Vitamin C: 17mg (20.6%), Manganese: 0.38mg (19.19%), Folate: 74.09µg (18.52%), Vitamin B6: 0.32mg (16.12%), Vitamin B2: 0.27mg (15.92%), Magnesium: 61.18mg (15.29%), Iron: 2.71mg (15.08%), Potassium: 404.04mg (11.54%), Calcium: 114.99mg (11.5%), Vitamin B5: 0.94mg (9.42%), Vitamin D: 1.11µg (7.37%), Vitamin E: 0.98mg (6.56%), Vitamin B3: 1.28mg (6.41%), Vitamin B1: 0.07mg (4.81%), Fiber: 0.9g (3.61%)