



Crab & lemon spaghetti

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 350 g pasta like spaghetti
- ☐ 1 garlic clove
- ☐ 0.5 to 5 chilies fresh red
- ☐ 20 g flat parsley
- ☐ 170 g crabmeat canned
- ☐ 3 tbsp olive oil
- ☐ 1 glass wine

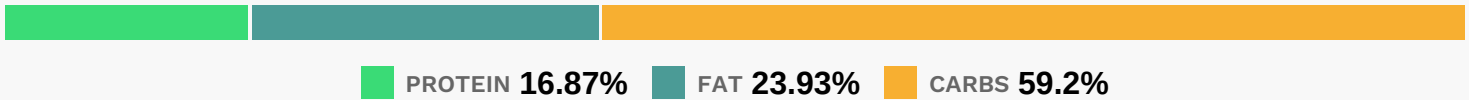
Equipment

- ☐ frying pan
- ☐ sieve

Directions

- ☐ Bring a large pan of salted water to the boil, feed in the spaghetti and cook for the time it says on the pack, stirring a couple of times to stop it sticking.
- ☐ Peel and finely chop the garlic; halve, seed and finely chop the chilli. Roughly chop the parsley. Open the can of crab meat and tip the contents into a sieve.
- ☐ Drain well.
- ☐ Heat 2 tbsp of the oil in a large frying pan, add the garlic and chilli and fry for 1 minute. Tip the crab meat into the pan with the wine, season with salt and pepper and heat through for a minute or so, stirring.
- ☐ Drain the pasta, return it to the pan and tip in the crab mixture, the last tablespoon of oil and the parsley. Toss everything together and serve.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:26.8, Inflammation Score:-7, Nutrition Score:21.783913031868%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 506.27kcal (25.31%), Fat: 12.2g (18.77%), Saturated Fat: 1.79g (11.17%), Carbohydrates: 67.93g (22.64%), Net Carbohydrates: 64.87g (23.59%), Sugar: 3.25g (3.61%), Cholesterol: 41.22mg (13.74%), Sodium: 251.12mg (10.92%), Alcohol: 6.08g (100%), Alcohol %: 3.65% (100%), Protein: 19.36g (38.72%), Selenium: 73.73µg (105.33%),

Vitamin K: 89.57µg (85.31%), Manganese: 0.93mg (46.7%), Copper: 0.62mg (30.91%), Phosphorus: 281.91mg (28.19%), Vitamin B12: 1.42µg (23.59%), Zinc: 3mg (20%), Vitamin C: 16.37mg (19.84%), Magnesium: 71.56mg (17.89%), Vitamin E: 2.47mg (16.45%), Vitamin B3: 2.86mg (14.3%), Vitamin B6: 0.26mg (13.12%), Fiber: 3.07g (12.26%), Folate: 46.93µg (11.73%), Potassium: 396.02mg (11.31%), Iron: 1.95mg (10.83%), Vitamin A: 475.67IU (9.51%), Vitamin B5: 0.86mg (8.63%), Calcium: 71.51mg (7.15%), Vitamin B1: 0.1mg (6.75%), Vitamin B2: 0.11mg (6.56%)