



Crab Linguine

READY IN



45 min.

SERVINGS



4

CALORIES



667 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 1.5 tablespoons chicken soup base
- ☐ 0.5 teaspoon parsley dried
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper black
- ☐ 12 ounce imitation crabmeat diced
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup onion diced
- ☐ 0.1 teaspoon oregano dried

- ☐ 8 ounce linguine pasta
- ☐ 0.5 cup swiss cheese shredded
- ☐ 1.8 cups water
- ☐ 1 cup whipping cream

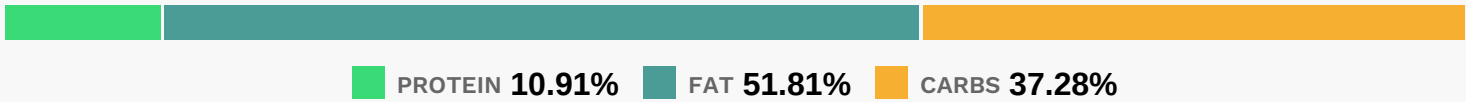
Equipment

- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the linguine, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Bring water, onion, butter, chicken bouillon granules, lemon juice, garlic powder, parsley, oregano, and pepper to a boil in a skillet over medium-high heat. Reduce heat to medium-low and continue to simmer until the liquid is reduced, about 10 minutes, then add the imitation crabmeat, and cook for 2 more minutes. Stir in the whipping cream and Swiss cheese until combined.
- ☐ Serve cream sauce over prepared pasta.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:17.52, Inflammation Score:-7, Nutrition Score:12.433043469553%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.01mg

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 667.22kcal (33.36%), Fat: 38.33g (58.96%), Saturated Fat: 23.67g (147.93%), Carbohydrates: 62.06g (20.69%), Net Carbohydrates: 58.87g (21.41%), Sugar: 7.35g (8.16%), Cholesterol: 119.89mg (39.96%), Sodium: 1067.63mg (46.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.16g (36.31%), Selenium: 42.55µg (60.79%), Manganese: 0.57mg (28.71%), Vitamin A: 1343.9IU (26.88%), Phosphorus: 233.68mg (23.37%), Calcium: 188.16mg (18.82%), Fiber: 3.2g (12.79%), Vitamin B2: 0.21mg (12.18%), Magnesium: 43.99mg (11%), Zinc: 1.61mg (10.72%), Copper: 0.21mg (10.29%), Vitamin B12: 0.53µg (8.88%), Vitamin B6: 0.15mg (7.31%), Vitamin E: 1.05mg (7.03%), Potassium: 242.07mg (6.92%), Vitamin D: 0.95µg (6.35%), Vitamin B3: 1.1mg (5.49%), Vitamin B1: 0.08mg (5.27%), Iron: 0.94mg (5.22%), Vitamin B5: 0.52mg (5.16%), Folate: 19.74µg (4.94%), Vitamin C: 3.33mg (4.04%), Vitamin K: 3.99µg (3.8%)