



Crab Linguine with Basil, Lemon & Chile

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



548 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 9 oz crab meat white
- ☐ 1 large handful basil fresh
- ☐ 1 juice of lemon
- ☐ 0.8 lb pasta fresh
- ☐ 0.3 cup olive oil
- ☐ 4 to 5 chilies red finely chopped (bird's eye)
- ☐ 4 servings pepper black freshly ground crushed

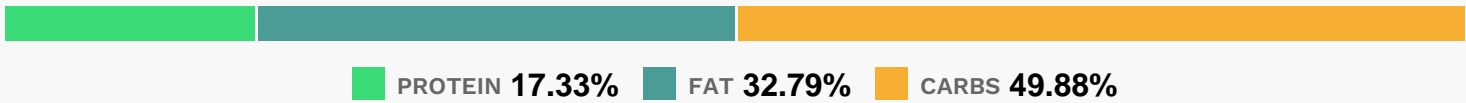
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Add the olive oil, lemon zest, and chopped chiles to a small pan and place over low heat until they begin to sizzle.
- ☐ Remove from the heat and set aside.
- ☐ Bring a large saucepan of salted water to a boil.
- ☐ Add the linguine and cook according to the package instructions (about 7 minutes).
- ☐ Drain well, rinse with boiling water, and set aside.
- ☐ Add the chile and lemon oil to the pan that the linguine was cooked in.
- ☐ Add the lemon juice and cook over medium heat until sizzling. Return the linguine to the pan and add the crab meat. Toss gently for 1 to 2 minutes to warm the crab through.
- ☐ Fold in the basil and season with crushed sea salt and freshly ground black pepper. Spoon into warmed serving bowls.
- ☐ From Take 5 Ingredients: 95 Delicious Dishes Using Just 5 Ingredients by James Tanner. Text copyright © 2010 James Tanner; photography © 2010 Anders Schønnemann. Published by Kyle Books, an imprint of Kyle Cathie Limited. First published in Great Britain in 2010 by Kyle Cathie Limited.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:27.03, Inflammation Score:-7, Nutrition Score:27.257826120957%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 548.25kcal (27.41%), Fat: 19.89g (30.6%), Saturated Fat: 2.8g (17.5%), Carbohydrates: 68.07g (22.69%), Net Carbohydrates: 64.61g (23.5%), Sugar: 4.85g (5.39%), Cholesterol: 26.79mg (8.93%), Sodium: 542.88mg (23.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.65g (47.3%), Selenium: 77.21µg (110.3%), Vitamin B12: 5.74µg (95.68%), Vitamin C: 72.12mg (87.42%), Manganese: 0.91mg (45.29%), Copper: 0.9mg (44.82%), Zinc: 5.12mg (34.14%), Phosphorus: 320.82mg (32.08%), Vitamin B6: 0.45mg (22.43%), Magnesium: 87.62mg (21.91%), Vitamin E: 3.01mg (20.08%), Vitamin K: 19.46µg (18.53%), Folate: 55.58µg (13.9%), Fiber: 3.45g (13.81%), Vitamin B3: 2.72mg (13.6%), Potassium: 475.39mg (13.58%), Iron: 2.08mg (11.54%), Vitamin A: 471.08IU (9.42%), Vitamin B1: 0.14mg (9.23%), Vitamin B2: 0.12mg (6.99%), Vitamin B5: 0.69mg (6.93%), Calcium: 55.46mg (5.55%)