



HEALTH SCORE

81%

Creamy crab & pea pasta



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



511 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g pasta like spaghetti
- ☐ 200 g peas fresh
- ☐ 300 g crab meat fresh
- ☐ 5 tbsp crème fraîche reduced-fat
- ☐ 1 to 5 chilies red deseeded chopped
- ☐ 1 handful parsley chopped
- ☐ 1 juice of lemon

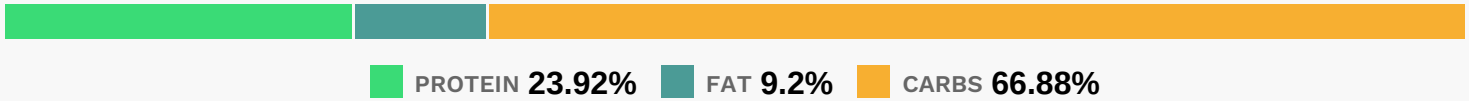
Equipment

- ☐ frying pan
- ☐ colander

Directions

- ☐ Boil a large pan of salted water. Tip in the pasta, then cook for about 7 mins.
- ☐ Add the peas, then cook for 2–3 mins more until both are cooked through.
- ☐ Drain in a colander, reserving a little cooking water, then tip back into the pan with the crabmeat and crme frache. Stir well with most of the remaining ingredients, adding a little of the pasta cooking water if the mixture seems a little dry.
- ☐ Serve sprinkled with a little extra chopped chilli, parsley and lemon zest.

Nutrition Facts



Properties

Glycemic Index:40.83, Glycemic Load:32.33, Inflammation Score:-8, Nutrition Score:30.085652081863%

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: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 510.71kcal (25.54%), Fat: 5.15g (7.92%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 84.14g (28.05%), Net Carbohydrates: 77.86g (28.31%), Sugar: 6.81g (7.57%), Cholesterol: 40.35mg (13.45%), Sodium: 641.8mg (27.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.1g (60.2%), Selenium: 92.02µg (131.46%), Vitamin B12: 6.78µg (113.02%), Manganese: 1.17mg (58.67%), Vitamin C: 45.78mg (55.5%), Copper: 1.09mg (54.42%), Zinc: 6.59mg (43.9%), Phosphorus: 424.67mg (42.47%), Vitamin K: 30.7µg (29.24%), Magnesium: 111.29mg (27.82%), Fiber: 6.27g (25.1%), Folate: 90.01µg (22.5%), Vitamin B6: 0.41mg (20.32%), Vitamin B3: 3.74mg (18.72%), Vitamin B1: 0.27mg (17.93%), Potassium: 566.24mg (16.18%), Iron: 2.67mg (14.84%), Vitamin A: 685.74IU (13.71%), Vitamin B2: 0.2mg (11.48%), Calcium: 86.56mg (8.66%), Vitamin B5: 0.83mg (8.32%), Vitamin E: 0.33mg (2.19%)