



Dinner Tonight: Spaghetti with Crab, Chile, and Mint

READY IN



45 min.

SERVINGS



2

CALORIES



642 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.5 tablespoons butter
- ☐ 6 ounces crab meat
- ☐ 1 jalapeno stemmed finely chopped
- ☐ 1 juice of lemon
- ☐ 1 Handful mint leaves thinly sliced
- ☐ 2 small shallots minced
- ☐ 0.5 pound pasta like spaghetti

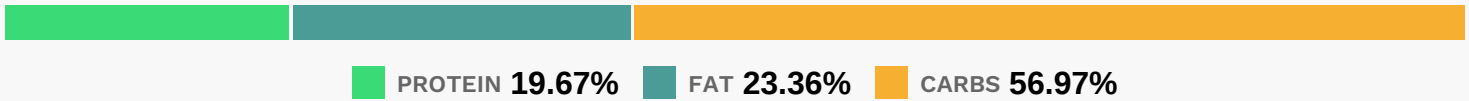
Equipment

- ☐ frying pan
- ☐ pot
- ☐ tongs

Directions

- ☐ Bring a large pot of salted water to a boil. Cook the spaghetti according to the directions on the box.
- ☐ Meanwhile, melt 1 tablespoon of the butter in a large skillet set over medium heat.
- ☐ Add the jalapeños and shallots. Season with salt and pepper. Cook for three minutes, or until tender.
- ☐ When the pasta is done, transfer with a pair of tongs to the skillet. Turn the heat to high, add the rest of the butter, and the crab meat. Cook for a minute to warm the crab, and then add the mint and lemon juice. Season with salt and pepper to taste and serve.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:35.15, Inflammation Score:-8, Nutrition Score:26.90347830109%

Flavonoids

Eriodictyol: 1.35mg, Eriodictyol: 1.35mg, Eriodictyol: 1.35mg, Eriodictyol: 1.35mg Hesperetin: 2.37mg, Hesperetin: 2.37mg, Hesperetin: 2.37mg, Hesperetin: 2.37mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 642.35kcal (32.12%), Fat: 16.52g (25.42%), Saturated Fat: 9.41g (58.8%), Carbohydrates: 90.67g (30.22%), Net Carbohydrates: 85.84g (31.22%), Sugar: 5.67g (6.3%), Cholesterol: 73.35mg (24.45%), Sodium: 834.32mg (36.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.31g (62.61%), Selenium: 103.14µg (147.35%), Vitamin B12: 7.68µg (128.07%), Manganese: 1.17mg (58.74%), Copper: 1.15mg (57.3%), Zinc: 6.81mg (45.43%), Phosphorus: 424.26mg (42.43%), Magnesium: 110.92mg (27.73%), Vitamin C: 22.7mg (27.51%), Vitamin B6: 0.41mg (20.71%),

Fiber: 4.83g (19.32%), Folate: 74.03µg (18.51%), Potassium: 558.27mg (15.95%), Vitamin B3: 3.06mg (15.29%), Iron: 2.41mg (13.39%), Vitamin A: 620.06IU (12.4%), Vitamin B1: 0.16mg (10.84%), Vitamin B5: 0.93mg (9.27%), Calcium: 82.99mg (8.3%), Vitamin B2: 0.13mg (7.53%), Vitamin E: 0.81mg (5.43%), Vitamin K: 2.83µg (2.7%)