



Dungeness Crab and Garlicky Yogurt Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



534 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup dill sprigs fresh loosely packed
- ☐ 0.8 pound crabs shelled cooked
- ☐ 2 garlic cloves with 1/4 tsp. salt in a mortar and pestle crushed
- ☐ 2 tsp ground ancho chile
- ☐ 1 juice of lemon
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 pound pappardelle pasta or dried fresh

- ☐ 0.5 teaspoon pepper
- ☐ 1 pinch saffron threads
- ☐ 2 cups whole-milk greek yogurt plain homemade

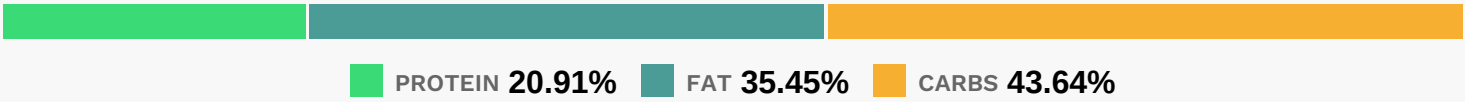
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ microwave
- ☐ mortar and pestle

Directions

- ☐ Combine labneh, lemon zest and juice, salt, pepper, garlic, and oil in a microwave-safe bowl. Set aside.
- ☐ Cook pasta as package directs.
- ☐ Meanwhile, pulverize saffron with a mortar and pestle.
- ☐ Add 1/2 cup hot pasta water and loosen saffron bits.
- ☐ Pour into a small saucepan, add butter, and heat until simmering; keep hot. Microwave labneh-lemon mixture until hot but not boiling, 1 minute. Rinse crab with hot water in a strainer to warm.
- ☐ Drain pasta and return to pot. Toss with saffron butter.
- ☐ Add labneh mixture, crab, half of dill, and a little Aleppo pepper and toss very loosely to mix slightly.
- ☐ Pour into a warm rimmed bowl.
- ☐ Sprinkle with remaining dill and a little more Aleppo pepper.
- ☐ Serve with more Aleppo pepper at the table.
- ☐ *Find labneh at Middle Eastern markets, Aleppo pepper in some stores' spice aisles, and Aleppo and Urfa biber at worldspice.com

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:22.76, Inflammation Score:-7, Nutrition Score:24.012173704479%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 533.7kcal (26.69%), Fat: 20.99g (32.29%), Saturated Fat: 7.17g (44.79%), Carbohydrates: 58.13g (19.38%), Net Carbohydrates: 55.24g (20.09%), Sugar: 3.79g (4.21%), Cholesterol: 120.62mg (40.21%), Sodium: 572.41mg (24.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.85g (55.7%), Selenium: 87.59µg (125.13%), Vitamin B12: 5.8µg (96.75%), Manganese: 0.8mg (40.01%), Phosphorus: 385.12mg (38.51%), Copper: 0.64mg (31.83%), Zinc: 4.32mg (28.77%), Vitamin B2: 0.37mg (21.96%), Magnesium: 80.9mg (20.22%), Vitamin B3: 3.66mg (18.32%), Vitamin A: 838.23IU (16.76%), Vitamin B6: 0.33mg (16.39%), Potassium: 535.02mg (15.29%), Folate: 58.95µg (14.74%), Calcium: 142.29mg (14.23%), Vitamin E: 2.07mg (13.77%), Iron: 2.16mg (12%), Vitamin B1: 0.18mg (11.84%), Vitamin B5: 1.16mg (11.55%), Fiber: 2.89g (11.55%), Vitamin C: 7.57mg (9.18%), Vitamin K: 7.45µg (7.1%), Vitamin D: 0.23µg (1.51%)