



Fresh Pasta with Crabmeat, Peas and Chile

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



93 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup flat parsley divided chopped
- 0.3 cup peas fresh frozen thawed
- 2 teaspoons juice of lemon fresh
- 0.5 pound lump crab meat picked over
- 2 tablespoons olive oil extra virgin extra-virgin divided
- 2 tablespoons parmesan grated
- 3 inch to 5 chilies fresh red such as serrano, thinly sliced, or 1/4 teaspoon hot red-pepper flakes
- 0.5 cup spring onion thinly sliced

2 tablespoons butter unsalted divided

Equipment

frying pan

pot

Directions

Cook fettuccine in a pasta pot of well-salted boiling water until al dente, about 3 minutes. Reserve 1 cup cooking water, then drain pasta.

While pasta water comes to a boil, cook spring onions in 1 tablespoon oil and 1 tablespoon butter in a 12-inch heavy skillet over medium heat, stirring occasionally, until softened, about 2 minutes.

Add 1/2 cup pasta-cooking water, peas, 1/4 teaspoon salt, and 1/8 teaspoon pepper and cook 1 minute.

Add crab and cook until heated through, about 2 minutes.

Add pasta, lemon juice, cheese, chile, and remaining tablespoon each of oil and butter and stir to combine well, adding more cooking water to moisten if necessary.

Remove from heat and stir in all but 1 tablespoon parsley.

Serve pasta sprinkled with remaining parsley.

Fontaleoni Vernaccia diSan Gimignano '07

Nutrition Facts



PROTEIN 26.48% **FAT 66.26%** **CARBS 7.26%**

Properties

Glycemic Index:22.54, Glycemic Load:0.39, Inflammation Score:-5, Nutrition Score:9.2299999050472%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg,

Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 93.2kcal (4.66%), Fat: 6.89g (10.61%), Saturated Fat: 2.52g (15.76%), Carbohydrates: 1.7g (0.57%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.6g (0.67%), Cholesterol: 20.28mg (6.76%), Sodium: 260.28mg (11.32%), Alcohol: 0g (100%), Protein: 6.2g (12.4%), Vitamin K: 57.94µg (55.18%), Vitamin B12: 2.57µg (42.87%), Selenium: 10.79µg (15.41%), Copper: 0.28mg (14.17%), Vitamin C: 10.75mg (13.03%), Zinc: 1.85mg (12.36%), Vitamin A: 432.31IU (8.65%), Phosphorus: 82.4mg (8.24%), Folate: 24.86µg (6.22%), Magnesium: 19.3mg (4.82%), Vitamin E: 0.66mg (4.38%), Calcium: 38.38mg (3.84%), Vitamin B6: 0.07mg (3.27%), Potassium: 110.05mg (3.14%), Iron: 0.54mg (3.03%), Vitamin B3: 0.52mg (2.61%), Manganese: 0.05mg (2.55%), Fiber: 0.61g (2.43%), Vitamin B1: 0.04mg (2.37%), Vitamin B2: 0.03mg (2%), Vitamin B5: 0.13mg (1.33%)