

food
network



HEALTH SCORE

81%

Fusilli Bucati with Soft Shell Crabs, Hot Peppers and Escarole



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



2209 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 anaheim peppers cored julienned seeded
- ☐ 0.5 medium carrots shredded finely
- ☐ 2 cups endive finely chopped
- ☐ 4 tablespoons thyme leaves dried fresh or 2 tablespoons
- ☐ 1 pound fusilli bucati pasta
- ☐ 4 cloves garlic thinly sliced
- ☐ 1 onion spanish cut into 1/4-inch dice

- ☐ 6 shell crabs soft
- ☐ 4 jalapeños red cored julienned seeded
- ☐ 1 medium onion red thinly sliced
- ☐ 4 servings salt to taste
- ☐ 56 ounce tomatoes mixed with their juices crushed well canned
- ☐ 3 ounces virgin olive oil
- ☐ 6 tablespoons virgin olive oil
- ☐ 1 cup white wine

Equipment

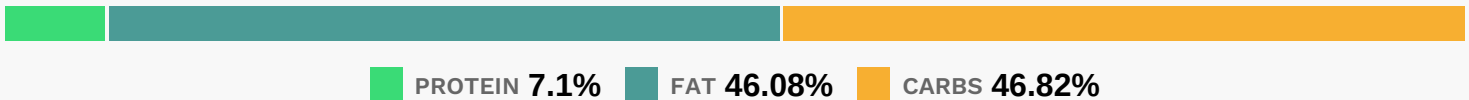
- ☐ frying pan
- ☐ pot
- ☐ kitchen scissors
- ☐ colander

Directions

- ☐ Bring 6 quarts water to boil in a large spaghetti pot and add 2 tablespoons salt.
- ☐ Clean soft shell crabs by snipping off their faces with a pair of scissors and removing the skirt.
- ☐ Cut in half and set aside.
- ☐ In a 12 to 14-inch saute pan, heat olive oil until smoking, add onions, Anaheim, jalapenos and cook until softened, about 8 to 10 minutes.
- ☐ Add the crab pieces and continue cooking until crabs are deep red and firm. Be careful not to break up the crabs with aggressive stirring.
- ☐ Add the white wine and the tomato sauce and reduce by half.
- ☐ Add escarole and cook another 1 minute until escarole has wilted and remove from heat. Drop fusilli into boiling water and cook according to package instructions until al dente (about 7 to 9 minutes).
- ☐ Drain pasta well in colander and pour hot pasta in pan with crabs. Return to medium heat and toss to coat well, about 1 minute.
- ☐ Pour into heated serving platter and serve immediately.

- ☐
- Saute the onion and garlic in the olive oil over medium heat until translucent, but not brown (about 10 minutes).
- ☐
- Add the thyme and carrot and cook 5 minutes more.
- ☐
- Add the tomatoes. Bring to a boil, lower the heat to just bubbling, stirring occasionally for 30 minutes. Season with salt to taste.
- ☐
- Serve immediately, or set aside for further use. The sauce may be refrigerated for up to one week or frozen for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:78.96, Glycemic Load:44.55, Inflammation Score:-10, Nutrition Score:60.513043859731%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.91mg, Kaempferol: 2.91mg, Kaempferol: 2.91mg, Kaempferol: 2.91mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg

Nutrients (% of daily need)

Calories: 2209.03kcal (110.45%), Fat: 112.06g (172.4%), Saturated Fat: 27.27g (170.41%), Carbohydrates: 256.24g (85.41%), Net Carbohydrates: 232.25g (84.45%), Sugar: 27.46g (30.51%), Cholesterol: 0mg (0%), Sodium: 2067.94mg (89.91%), Alcohol: 6.18g (100%), Alcohol %: 0.74% (100%), Protein: 38.85g (77.7%), Vitamin K: 195.01µg (185.73%), Manganese: 3.54mg (177.09%), Selenium: 89.66µg (128.08%), Iron: 19.15mg (106.38%), Fiber: 23.99g (95.97%), Vitamin C: 75.79mg (91.87%), Vitamin E: 12.91mg (86.09%), Vitamin B1: 1.19mg (79.39%), Folate: 312.78µg (78.19%), Vitamin B3: 14.36mg (71.8%), Copper: 1.36mg (67.94%), Vitamin A: 2958.1IU (59.16%), Phosphorus: 580mg (58%), Potassium: 1979.06mg (56.54%), Vitamin B6: 1.13mg (56.27%), Magnesium: 206.67mg (51.67%), Vitamin B2: 0.79mg (46.25%), Calcium: 324.31mg (32.43%), Zinc: 4.52mg (30.12%), Vitamin B5: 3.01mg (30.11%)