



Garlic Oyster Linguini

READY IN



45 min.

SERVINGS



4

CALORIES



398 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 teaspoon cajun spice
- ☐ 0.5 cup corn kernels whole
- ☐ 4 ounces crab meat
- ☐ 2 tablespoons flour all-purpose
- ☐ 8 ounces mushrooms fresh quartered
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 0.7 cup green beans french-style chopped

- ☐ 3 tablespoons green onion thinly sliced
- ☐ 10 ounces linguine pasta fresh
- ☐ 2 tablespoons pimento peppers chopped
- ☐ 0.5 cup seafood stock
- ☐ 24 shucked oysters quartered

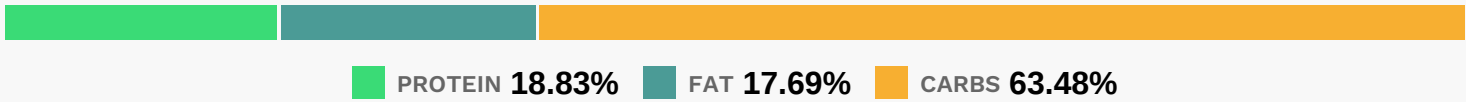
Equipment

- ☐ sauce pan

Directions

- ☐ In a small saucepan, melt 2 tablespoons butter or margarine. Stir in flour to make a paste. Set roux aside.
- ☐ Saute mushrooms, Cajun spice, and garlic in 1/4 cup butter or margarine over medium-high heat for 2 minutes.
- ☐ Add oysters, corn, string beans, and pimento.
- ☐ Saute for 1 1/2 minutes.
- ☐ Add stock and linguine, and bring to a slight simmer.
- ☐ Fold in roux until sauce thickens, then reduce heat. Fold in parsley and scallions. Fold in lump crabmeat, and heat through.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:99.75, Glycemic Load:24.42, Inflammation Score:-8, Nutrition Score:25.219565277514%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 398.44kcal (19.92%), Fat: 7.88g (12.13%), Saturated Fat: 4.01g (25.08%), Carbohydrates: 63.64g (21.21%), Net Carbohydrates: 59.25g (21.55%), Sugar: 5.05g (5.61%), Cholesterol: 30.32mg (10.11%), Sodium: 440.01mg (19.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.88g (37.76%), Selenium: 64.01µg (91.44%), Vitamin B12: 3.35µg (55.86%), Vitamin K: 51.89µg (49.42%), Copper: 0.94mg (47.21%), Zinc: 6.54mg (43.61%), Manganese: 0.84mg (41.88%), Phosphorus: 291.34mg (29.13%), Vitamin B3: 4.78mg (23.92%), Vitamin B2: 0.38mg (22.09%), Vitamin C: 17.28mg (20.95%), Vitamin A: 981.18IU (19.62%), Fiber: 4.39g (17.55%), Magnesium: 70.09mg (17.52%), Folate: 64.1µg (16.02%), Potassium: 559.34mg (15.98%), Iron: 2.71mg (15.04%), Vitamin B5: 1.44mg (14.4%), Vitamin B6: 0.29mg (14.37%), Vitamin B1: 0.18mg (12.32%), Calcium: 62.4mg (6.24%), Vitamin E: 0.71mg (4.72%)