



Garlicky Linguine with Crab, Red Bell Pepper and Pine Nuts

READY IN



45 min.

SERVINGS



6

CALORIES



578 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce bottled clam juice
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 4 garlic cloves finely chopped
- ☐ 12 ounces pasta
- ☐ 1 pound lump crab meat fresh picked over
- ☐ 6 servings parmesan cheese freshly grated
- ☐ 0.3 cup pinenuts toasted

- ☐ 1 bell pepper red finely chopped
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 5 tablespoons butter unsalted

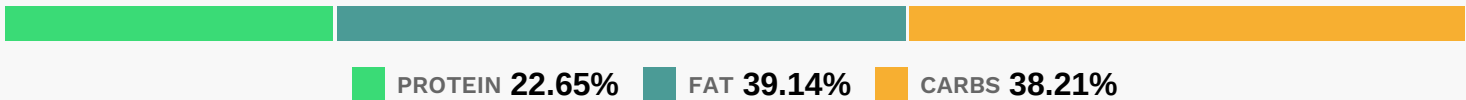
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Melt butter in heavy large skillet over medium heat.
- ☐ Add bell pepper; cover and cook 2 minutes.
- ☐ Add garlic and crushed red pepper; cover and cook 2 minutes. Increase heat to high, add wine and boil 2 minutes. Set aside.
- ☐ Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain pasta, reserving 1/2 cup cooking water.
- ☐ Return pasta to pot.
- ☐ Add clam juice, 1/2 cup cooking water and bell pepper mixture. Cook over high heat until pasta absorbs half of liquid, about 2 minutes.
- ☐ Add crab and toss until heated through, about 1 minute.
- ☐ Mix in parsley. Season to taste with pepper. Divide pasta among bowls.
- ☐ Sprinkle with pine nuts.
- ☐ Serve, passing cheese separately.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:17.56, Inflammation Score:-9, Nutrition Score:31.403043518896%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 578.1kcal (28.9%), Fat: 24.48g (37.66%), Saturated Fat: 11.25g (70.34%), Carbohydrates: 53.76g (17.92%), Net Carbohydrates: 50.95g (18.53%), Sugar: 4.13g (4.59%), Cholesterol: 82.93mg (27.64%), Sodium: 1303.57mg (56.68%), Alcohol: 2.06g (100%), Alcohol %: 0.99% (100%), Protein: 31.88g (63.75%), Vitamin B12: 7.24µg (120.67%), Selenium: 74.52µg (106.45%), Manganese: 1.33mg (66.45%), Phosphorus: 526.52mg (52.65%), Copper: 1mg (49.97%), Zinc: 7.25mg (48.32%), Vitamin K: 47.6µg (45.33%), Vitamin C: 36.58mg (44.34%), Calcium: 329.44mg (32.94%), Vitamin A: 1484.16IU (29.68%), Magnesium: 104.8mg (26.2%), Vitamin B6: 0.35mg (17.26%), Folate: 64.4µg (16.1%), Potassium: 496.62mg (14.19%), Vitamin B2: 0.22mg (12.99%), Vitamin B3: 2.51mg (12.56%), Iron: 2.13mg (11.86%), Fiber: 2.81g (11.25%), Vitamin E: 1.59mg (10.62%), Vitamin B1: 0.15mg (9.7%), Vitamin B5: 0.77mg (7.69%), Vitamin D: 0.32µg (2.17%)