



Healthy Pasta with Spicy Crab

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



323 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 2 fresno chiles finely chopped
- ☐ 1 pound pasta like spaghetti cooked drained
- ☐ 1 tablespoon optional: dill finely chopped
- ☐ 1 cup cooking wine dry white
- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 1 tablespoon mint leaves fresh finely chopped
- ☐ 2 cloves garlic minced

- ☐ 2 teaspoons lemon zest finely grated
- ☐ 1 pound lump crab meat picked over
- ☐ 8 servings olive oil extra-virgin
- ☐ 8 servings salt and pepper black freshly ground

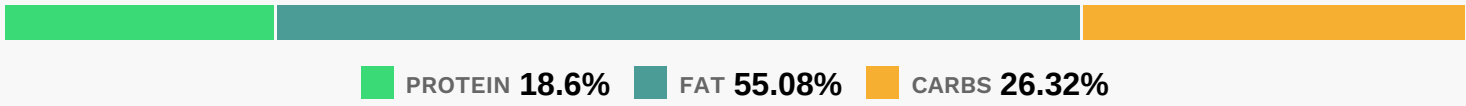
Equipment

- ☐ frying pan

Directions

- ☐ Heat the canola oil in a large high-sided saute pan over medium heat.
- ☐ Add the chiles and garlic and cook until soft and the garlic is pale golden brown.
- ☐ Add the wine and cook until reduced.
- ☐ Add the crab and cook until just heated through.
- ☐ Add the pasta and some of the cooking water to the pan and cook for another minute. Stir in the parsley, dill, mint, lemon zest.
- ☐ Drizzle with olive oil and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:27.19, Glycemic Load:8.57, Inflammation Score:-5, Nutrition Score:16.061304330826%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 323.43kcal (16.17%), Fat: 18.44g (28.37%), Saturated Fat: 2.35g (14.69%), Carbohydrates: 19.82g (6.61%), Net Carbohydrates: 18.45g (6.71%), Sugar: 1.24g (1.38%), Cholesterol: 23.81mg (7.94%), Sodium: 478.33mg (20.8%), Alcohol: 3.09g (100%), Alcohol %: 2.24% (100%), Protein: 14.01g (28.02%), Vitamin B12: 5.1µg (85.05%), Selenium: 35.81µg (51.16%), Copper: 0.6mg (30.14%), Vitamin K: 29.19µg (27.8%), Vitamin C: 22.59mg (27.38%), Zinc: 3.76mg (25.05%), Vitamin E: 2.75mg (18.34%), Phosphorus: 169.73mg (16.97%), Manganese: 0.29mg (14.67%), Magnesium: 45.04mg (11.26%), Vitamin B6: 0.2mg (9.85%), Folate: 34.22µg (8.55%), Iron: 1.46mg (8.11%), Potassium: 212.88mg (6.08%), Fiber: 1.37g (5.47%), Vitamin B3: 1.06mg (5.28%), Vitamin A: 236.22IU (4.72%), Calcium: 39.94mg (3.99%), Vitamin B1: 0.05mg (3.24%), Vitamin B2: 0.05mg (3.18%), Vitamin B5: 0.31mg (3.12%)