



HEALTH SCORE

63%

Italian Crab and Pasta



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



538 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound angel hair pasta dried fresh
- ☐ 0.3 cup thinly slivered basil leaves dried fresh
- ☐ 56 oz tomatoes italian-style peeled canned
- ☐ 4 ounces surimi crab sticks shelled cooked
- ☐ 3 dungeness crabs cleaned cooked (2 lb. each)
- ☐ 3 cloves garlic crushed peeled
- ☐ 6 tablespoons olive oil
- ☐ 3 tablespoons parsley italian chopped

- ☐ 6 servings salt and pepper

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ potato masher
- ☐ wooden spoon
- ☐ tongs

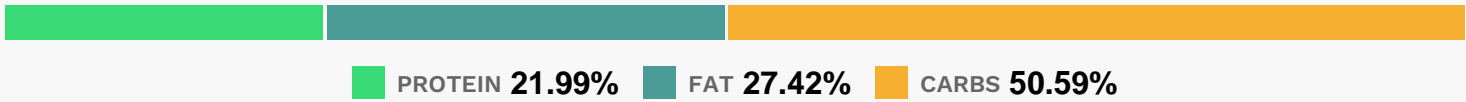
Directions

- ☐ Pour olive oil into a 12-inch frying pan (with sides at least 2 in. tall) or 6- to 8-quart pan over medium heat. When warm, add crabs in the shell and cook, stirring occasionally, until juices leak into pan, 5 to 7 minutes. With tongs, transfer crab pieces to a large serving bowl; cover and keep warm in a 200 oven.
- ☐ Add tomatoes (including juice), garlic, and basil to pan. With a wooden spoon, scrape any crab bits from bottom of pan. Cover and bring to a boil over high heat, stirring occasionally. Boil gently, uncovered, stirring occasionally and crushing tomatoes with a potato masher or spoon and reducing heat as sauce thickens, until sauce is thick and reduced to about 4 1/2 cups, about 30 minutes.
- ☐ Remove from heat. Spoon about a third of the sauce over crabs in the shell; cover loosely and return to oven.
- ☐ About 15 minutes before sauce is done, in a 6- to 8-quart pan over high heat, bring 3 to 4 quarts water to a boil.
- ☐ Add pasta, stir to separate, and cook just until barely tender to bite, 3 to 4 minutes for dried angel hair pasta, about 2 minutes for fresh linguine.
- ☐ Drain.
- ☐ Over low heat, add the shelled cooked crab to remaining tomato sauce; stir occasionally until hot, 1 to 2 minutes.
- ☐ Add salt and pepper to taste.
- ☐ Pour drained pasta into sauce and mix well.
- ☐ Mound pasta in a wide, shallow serving bowl.

☐

Remove crab from oven and sprinkle both crab and pasta with parsley.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:22.86, Inflammation Score:-8, Nutrition Score:33.02043471129%

Flavonoids

Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 538.17kcal (26.91%), Fat: 16.45g (25.3%), Saturated Fat: 2.34g (14.62%), Carbohydrates: 68.29g (22.76%), Net Carbohydrates: 63.11g (22.95%), Sugar: 8.35g (9.28%), Cholesterol: 66.42mg (22.14%), Sodium: 925.22mg (40.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.68g (59.36%), Vitamin B12: 7.96µg (132.74%), Selenium: 86.61µg (123.72%), Copper: 1.12mg (55.78%), Manganese: 1.02mg (50.82%), Vitamin K: 53.21µg (50.68%), Phosphorus: 389.73mg (38.97%), Vitamin C: 31.39mg (38.05%), Zinc: 5.68mg (37.89%), Vitamin B3: 6.29mg (31.47%), Potassium: 1023.71mg (29.25%), Vitamin B6: 0.57mg (28.74%), Magnesium: 114.67mg (28.67%), Vitamin E: 4.27mg (28.47%), Iron: 4.21mg (23.37%), Folate: 84.04µg (21.01%), Fiber: 5.18g (20.71%), Vitamin B2: 0.35mg (20.53%), Calcium: 160.09mg (16.01%), Vitamin B1: 0.23mg (15.65%), Vitamin A: 604.67IU (12.09%), Vitamin B5: 1.13mg (11.31%)