



Linguine Della Mare

READY IN



20 min.

SERVINGS



4

CALORIES



573 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup bottled clam juice
- 2 tablespoons flour all-purpose
- 0.3 cup parsley fresh finely chopped
- 1.5 tablespoons juice of lemon fresh
- 1 cup heavy whipping cream light
- 8 ounces pasta
- 6 oz lump crab meat picked over canned
- 1 small onion finely chopped
- 0.5 cup parmesan finely grated

- 4 servings salt and pepper
- 4 servings scallion greens
- 2 tablespoons butter unsalted

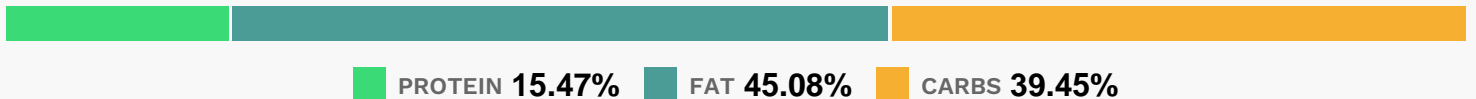
Equipment

- sauce pan
- whisk
- pot
- colander

Directions

- Bring a large pot of salted water to a boil. Cook pasta according to package directions
- Melt butter in a medium saucepan over medium heat.
- Add onion and cook, stirring often, until softened, about 5 minutes. Stir in flour and cook, stirring, for 1 minute.
- Whisk in clam juice, and then whisk in cream and bring to a boil, whisking continuously.
- Drain pasta in a colander and return to pot.
- Add cream mixture, crabmeat, and salt and pepper to taste and toss well to coat pasta with sauce.
- Add Parmesan and parsley and toss again.
- Sprinkle with lemon juice and, if desired, scallion greens.

Nutrition Facts



Properties

Glycemic Index:58.75, Glycemic Load:19.69, Inflammation Score:-8, Nutrition Score:23.47521722835%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg,

Naringenin: 0.08mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 573.28kcal (28.66%), Fat: 28.71g (44.17%), Saturated Fat: 17.42g (108.87%), Carbohydrates: 56.55g (18.85%), Net Carbohydrates: 53.8g (19.57%), Sugar: 4.71g (5.23%), Cholesterol: 107.73mg (35.91%), Sodium: 992.03mg (43.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.17g (44.34%), Selenium: 56.14µg (80.19%), Vitamin K: 76.37µg (72.74%), Vitamin B12: 4.13µg (68.77%), Phosphorus: 345.64mg (34.56%), Manganese: 0.62mg (31.1%), Copper: 0.61mg (30.31%), Vitamin A: 1352.56IU (27.05%), Zinc: 4mg (26.66%), Calcium: 241.65mg (24.16%), Vitamin C: 15.88mg (19.25%), Magnesium: 69.66mg (17.41%), Folate: 57.98µg (14.49%), Vitamin B2: 0.21mg (12.38%), Vitamin B6: 0.24mg (12.05%), Potassium: 409.7mg (11.71%), Fiber: 2.75g (10.99%), Vitamin B3: 1.96mg (9.79%), Vitamin B1: 0.15mg (9.78%), Iron: 1.74mg (9.65%), Vitamin B5: 0.73mg (7.26%), Vitamin E: 0.92mg (6.12%), Vitamin D: 0.53µg (3.51%)