



WHATSheATE



Linguine with Crab, Lemon, Chile, and Mint

READY IN



45 min.

SERVINGS



2

CALORIES



876 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 0.3 cup mint leaves fresh divided
- ☐ 1 teaspoon garlic minced
- ☐ 2 servings kosher salt
- ☐ 1.5 tablespoons juice of lemon fresh divided ()
- ☐ 2 teaspoons lemon zest divided packed finely grated ()
- ☐ 8 ounces pasta
- ☐ 8 ounces lump crab meat picked over shelled cooked for shells
- ☐ 2 tablespoons olive oil divided

- ☐ 0.3 cup shallots minced
- ☐ 1 thai chiles red seeded sliced into thin rounds
- ☐ 4 tablespoons butter unsalted divided

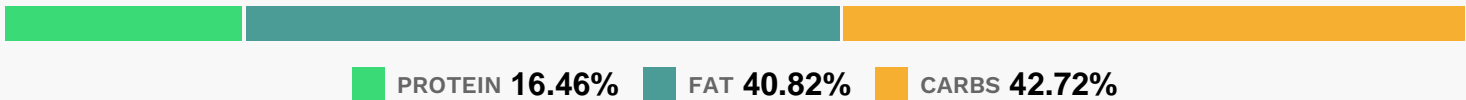
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ tongs

Directions

- ☐ Cook pasta in a large pot of boiling saltedwater, stirring occasionally, until al dente.
- ☐ Drain, reserving 1 cup pasta cooking liquid.
- ☐ Meanwhile, melt 1 tablespoon butter with 1 tablespoonolive oil in a large skillet over medium heat.
- ☐ Add shallots and stir until just soft, 3–4minutes.
- ☐ Add garlic and 1 chile and cook,stirring often, until fragrant, about 1 minute.
- ☐ Add 1/2 tablespoon lemon juice and 3 tablespoonspasta cooking liquid to shallot mixture; adda pinch of pepper. Stir until liquid is almostevaporated, about 1 minute.
- ☐ Transfer pasta to skillet and add 1/2 cupreserved pasta cooking liquid. Increaseheat to medium-high. Cook, tossing pastaor stirring with tongs, until liquid is almostevaporated and pasta becomes glossy,about 2 minutes.
- ☐ Add the remaining 3 tablespoonsbutter, 1 tablespoon oil, 1 tablespoon lemon juice, 1 teaspoonlemon zest, crab, half of mint, and morechile rounds, if desired.
- ☐ Stir pasta until butter melts and pastais well coated, adding more pasta cookingliquid if dry. Divide between bowls; topwith remaining 1 teaspoon lemon zest and mint.
- ☐ Sprinkle with more lemon juice if desired.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:35.4, Inflammation Score:-8, Nutrition Score:31.116522032282%

Flavonoids

Eriodictyol: 2.87mg, Eriodictyol: 2.87mg, Eriodictyol: 2.87mg, Eriodictyol: 2.87mg Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 875.79kcal (43.79%), Fat: 39.67g (61.03%), Saturated Fat: 16.81g (105.07%), Carbohydrates: 93.41g (31.14%), Net Carbohydrates: 87.91g (31.97%), Sugar: 5.83g (6.48%), Cholesterol: 127.1mg (42.37%), Sodium: 544.96mg (23.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.99g (71.99%), Vitamin B12: 10.25µg (170.89%), Selenium: 114.62µg (163.75%), Manganese: 1.35mg (67.47%), Copper: 1.16mg (57.97%), Phosphorus: 454.93mg (45.49%), Zinc: 6.7mg (44.68%), Magnesium: 125.8mg (31.45%), Vitamin B3: 5.73mg (28.66%), Vitamin C: 19.76mg (23.95%), Vitamin B6: 0.48mg (23.77%), Potassium: 829.89mg (23.71%), Folate: 92.67µg (23.17%), Vitamin A: 1141.6IU (22.83%), Fiber: 5.5g (22%), Vitamin E: 2.84mg (18.91%), Vitamin B2: 0.3mg (17.6%), Iron: 2.79mg (15.52%), Vitamin B1: 0.19mg (12.6%), Calcium: 118.91mg (11.89%), Vitamin K: 11.14µg (10.61%), Vitamin B5: 1.06mg (10.6%), Vitamin D: 0.42µg (2.8%)