

DINNER

Linguine with Crab, Radicchio, and Garlic

15 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$2.95	716 kcal



You can never have too many main course recipes, so give Linguine with Crab, Radicchio, and Garlic a try. This recipe makes 4 servings with 716 calories, 27g of protein, and 21g of fat each. For \$2.95 per serving, this recipe covers 30% of your daily requirements of vitamins and minerals.

Ingredients

☐ ½ pound fresh crab meat	☐ 1 cup dry white wine
☐ 4 cloves garlic, thinly sliced	☐ 1 pound linguine
☐ ¼ cup extra-virgin olive oil	☐ ½ head radicchio, shredded
☐ 1 teaspoon red chile flakes	☐ 2 scallions, thinly sliced
☐ 3 shallots, finely chopped	☐ 2 tablespoons unsalted butter

Method

- 1

Bring 6 quarts water to boil and add 2 tablespoons salt. In a 12 to 14-inch saute pan, heat the oil until smoking.
- 2

Add the shallots, garlic, and chiles and saute until golden brown, about 4 to 5 minutes.
- 3

Add the wine, bring to a boil, then add the butter, and remove from heat. Cook the pasta according to the package instructions, until just al dente, and drain.
- 4

Add the drained pasta to the pan with the wine mixture and return pan to heat.
- 5

Add crab, radicchio, and scallion and toss until radicchio is wilted, about 1 minute.
- 6

Pour into a warm serving bowl and serve. ;

Nutrition per serving			
	716	27 g	21 g
	KCAL	PROTEIN	FAT
			93 g
			CARBS
Saturated Fat			5.9 g · 37% of daily needs
Fibre			4.9 g · 20% of daily needs
Sugar			5.5 g · 6% of daily needs
Sodium			504 mg · 22% of daily needs
Cholesterol			38.9 mg · 13% of daily needs
Vitamin C			10.3 mg · 13% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/linguine-with-crab-radicchio-and-garlic-142665](https://www.whatsheate.com/linguine-with-crab-radicchio-and-garlic-142665)