



## Scrumptious Seafood Linguine

READY IN



30 min.

SERVINGS



6

CALORIES



659 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup butter
- 1 tablespoon parsley fresh chopped
- 1 clove garlic chopped
- 1 cup heavy cream
- 0.5 pound imitation crabmeat
- 1 cup parmesan cheese freshly grated
- 18 ounce linguine pasta fresh
- 6 servings salt and pepper to taste
- 0.5 pound salad shrimp cooked

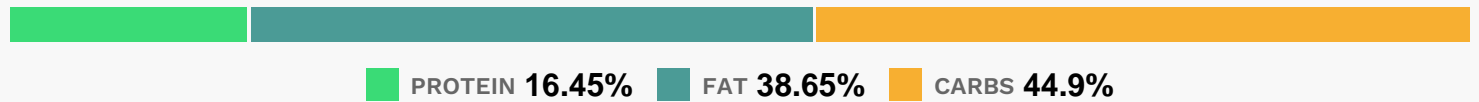
## Equipment

- frying pan
- pot

## Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta, and cook for 3 minutes, or until al dente; drain.
- Melt butter in a large skillet over medium heat.
- Saute garlic until tender. Stir in cream, and cook until thickened, about 5 minutes.
- Add imitation crab, shrimp, Parmesan cheese, and salt and pepper. Reduce heat to low, and cook for 2 to 3 minutes, until heated through.
- Transfer cooked linguine to a serving platter, and top with seafood sauce.
- Garnish with parsley.

## Nutrition Facts



## Properties

Glycemic Index:25.67, Glycemic Load:25.59, Inflammation Score:-7, Nutrition Score:15.863043256428%

## Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 658.92kcal (32.95%), Fat: 28.14g (43.3%), Saturated Fat: 16.84g (105.27%), Carbohydrates: 73.57g (24.52%), Net Carbohydrates: 70.4g (25.6%), Sugar: 4.7g (5.23%), Cholesterol: 144.67mg (48.22%), Sodium: 819.96mg (35.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.96g (53.92%), Selenium: 60.94µg (87.06%), Manganese: 0.82mg (40.84%), Phosphorus: 373.73mg (37.37%), Calcium: 219.78mg (21.98%), Vitamin A: 1019.84IU (20.4%), Copper: 0.41mg (20.36%), Zinc: 2.54mg (16.96%), Magnesium: 67.57mg (16.89%), Fiber: 3.17g (12.68%), Vitamin K: 13.24µg (12.61%), Vitamin B2: 0.19mg (11.03%), Potassium: 365.81mg (10.45%), Iron: 1.47mg

(8.17%), Vitamin B6: 0.16mg (7.76%), Vitamin B3: 1.5mg (7.5%), Vitamin B1: 0.09mg (6.07%), Vitamin B5: 0.54mg (5.38%), Vitamin E: 0.77mg (5.12%), Vitamin B12: 0.3µg (5.08%), Folate: 19.21µg (4.8%), Vitamin D: 0.72µg (4.79%), Vitamin C: 1.28mg (1.55%)