



Seafood Pasta with Lemon-Saffron Herb Dressing

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 large handfuls arugula
- 2 small heads boston lettuce
- 2 tablespoons capers drained
- 1 cup celery finely chopped
- 0.5 pound crab meat
- 1 tablespoon optional: dill fresh minced for garnish
- 0.3 cup spring onion thinly sliced

- 7 tablespoons juice of lemon fresh divided
- 8 servings lemon wedges
- 0.5 cup mayonnaise
- 6 tablespoons olive oil extra virgin extra-virgin divided
- 0.1 teaspoon saffron threads crushed
- 1 pound shrimp cooked
- 0.5 cup cream sour
- 1 teaspoon sugar
- 2 tablespoons tarragon fresh minced for garnish

Equipment

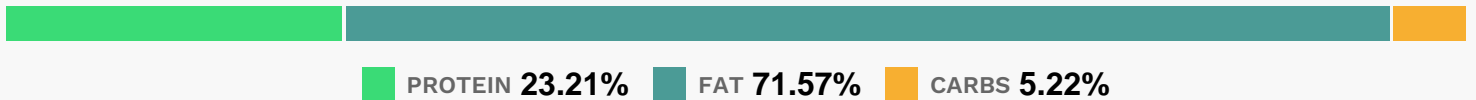
- bowl
- whisk
- pot

Directions

- Cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally.
- Drain, reserving 1/2 cup cooking liquid.
- Place 3 tablespoons hot cooking liquid in medium bowl.
- Sprinkle saffron over and let stand at room temperature 5 minutes.
- Transfer pasta to large bowl.
- Drizzle pasta with 1 tablespoon lemon juice and 1 tablespoon oil; toss to coat.
- Let stand at room temperature until cool, stirring occasionally.
- Add mayonnaise, sour cream, green onions, capers, minced tarragon, minced dill, sugar, remaining 6 tablespoons lemon juice, and remaining 5 tablespoons oil to bowl with saffron liquid.
- Whisk to combine. Season saffron dressing to taste with salt and pepper.
- Pour dressing over pasta.

- Add shrimp and celery; toss to coat.
- Add reserved pasta cooking liquid by tablespoonfuls if mixture is dry.
- Add crab; toss gently. Cover and refrigerate at least 1 hour and up to 4 hours.
- Line platter with arugula and butter lettuce leaves. Spoon pasta over greens.
- Garnish with lemon wedges and tarragon and dill sprigs.
- Serve cold.

Nutrition Facts



Properties

Glycemic Index:49.57, Glycemic Load:1.07, Inflammation Score:-5, Nutrition Score:12.268695714681%

Flavonoids

Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg Hesperetin: 2.18mg, Hesperetin: 2.18mg, Hesperetin: 2.18mg, Hesperetin: 2.18mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

Nutrients (% of daily need)

Calories: 303.29kcal (15.16%), Fat: 24.46g (37.63%), Saturated Fat: 4.68g (29.22%), Carbohydrates: 4.02g (1.34%), Net Carbohydrates: 3.39g (1.23%), Sugar: 1.78g (1.98%), Cholesterol: 117.55mg (39.18%), Sodium: 466.66mg (20.29%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 17.85g (35.7%), Vitamin K: 45.72µg (43.54%), Vitamin B12: 2.6µg (43.31%), Copper: 0.52mg (26.05%), Phosphorus: 211.08mg (21.11%), Zinc: 2.65mg (17.67%), Selenium: 11.38µg (16.26%), Vitamin E: 2.14mg (14.25%), Vitamin C: 10.47mg (12.69%), Magnesium: 47.34mg (11.84%), Manganese: 0.21mg (10.48%), Calcium: 102.35mg (10.24%), Potassium: 357.84mg (10.22%), Folate: 33.68µg (8.42%), Vitamin A: 401.37IU (8.03%), Iron: 1.33mg (7.37%), Vitamin B6: 0.11mg (5.71%), Vitamin B2: 0.08mg (4.81%), Vitamin B3: 0.58mg (2.91%), Fiber: 0.63g (2.51%), Vitamin B5: 0.25mg (2.47%), Vitamin B1: 0.03mg (2.1%)