



Seafood Pasta with Lemon-Saffron Herb Dressing

READY IN



45 min.

SERVINGS



8

CALORIES



461 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
- ☐ 12 ounces soup noodles (trumpet-shaped
- ☐ 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

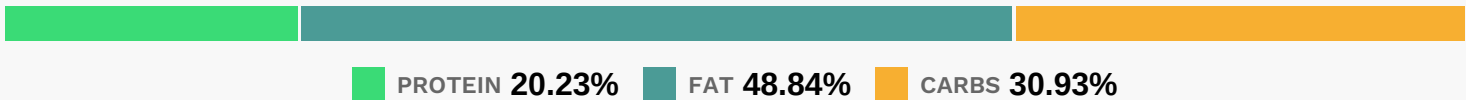
- ☐ bowl
- ☐ whisk
- ☐ pot

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:54.82, Glycemic Load:13.83, Inflammation Score:-6, Nutrition Score:16.990434851335%

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, 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: 461.06kcal (23.05%), Fat: 25.1g (38.62%), Saturated Fat: 4.79g (29.96%), Carbohydrates: 35.77g (11.92%), Net Carbohydrates: 33.78g (12.28%), Sugar: 2.92g (3.24%), Cholesterol: 117.55mg (39.18%), Sodium: 469.21mg (20.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.39g (46.79%), Selenium: 38.26µg (54.65%), Vitamin K: 45.76µg (43.59%), Vitamin B12: 2.6µg (43.31%), Copper: 0.64mg (32.2%), Manganese: 0.6mg (29.98%), Phosphorus: 291.45mg (29.15%), Zinc: 3.25mg (21.66%), Magnesium: 69.88mg (17.47%), Vitamin E: 2.18mg (14.56%), Potassium: 452.67mg (12.93%), Vitamin C: 10.47mg (12.69%), Calcium: 111.28mg (11.13%), Iron: 1.88mg (10.44%), Folate: 41.33µg (10.33%), Vitamin B6: 0.17mg (8.73%), Vitamin A: 401.37IU (8.03%), Fiber: 1.99g (7.96%), Vitamin B3: 1.3mg (6.52%), Vitamin B2: 0.11mg (6.31%), Vitamin B1: 0.07mg (4.65%), Vitamin B5: 0.43mg (4.3%)