



Spaghetti with crab, cherry tomatoes & basil



Dairy Free



Popular

READY IN



25 min.

SERVINGS



3

CALORIES



399 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tbsp olive oil extra virgin extra-virgin
- ☐ 2 garlic clove chopped
- ☐ 1 pinch pepper
- ☐ 200 g cherry tomatoes halved
- ☐ 1 lemon zest
- ☐ 340 g crabmeat white drained canned
- ☐ 200 g pasta like spaghetti
- ☐ 1 tsp capers drained and rinsed

☐ 1 handful basil roughly chopped

Equipment

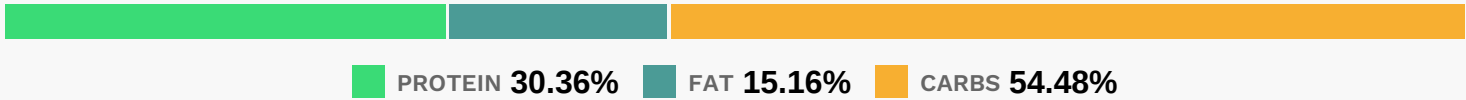
☐ frying pan

☐ pot

Directions

- ☐ In a large frying pan, heat the olive oil.
- ☐ Add the garlic and chilli flakes. Cook until just pale golden, then add the tomatoes. Cook 3 mins more on a high heat until the tomatoes start to break down a little.
- ☐ Add the lemon juice and cook for 1–2 mins.
- ☐ Remove from the heat and stir in the crab to warm through not too much or it will break up.
- ☐ Boil the pasta in a large pan of salted water following pack instructions then drain.
- ☐ Mix the pasta in the warm pot with the sauce, lemon zest and capers, and toss the basil through.

Nutrition Facts



Properties

Glycemic Index:47.33, Glycemic Load:20.2, Inflammation Score:-7, Nutrition Score:24.815651976544%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 398.97kcal (19.95%), Fat: 6.62g (10.18%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 53.5g (17.83%), Net Carbohydrates: 50.6g (18.4%), Sugar: 3.55g (3.95%), Cholesterol: 109.93mg (36.64%), Sodium: 668.99mg (29.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.81g (59.62%), Selenium: 91.4µg (130.57%), Vitamin B12: 3.77µg (62.9%), Copper: 1.18mg (58.92%), Phosphorus: 413.71mg (41.37%), Manganese: 0.81mg (40.37%), Zinc: 5.39mg (35.92%), Vitamin C: 22.29mg (27.02%), Vitamin B3: 4.64mg (23.2%), Vitamin E: 3.23mg (21.56%), Magnesium: 83.63mg (20.91%), Folate: 79.4µg (19.85%), Vitamin B6: 0.35mg (17.71%), Potassium: 601.68mg

(17.19%), Vitamin B5: 1.52mg (15.23%), Calcium: 132.37mg (13.24%), Fiber: 2.9g (11.59%), Iron: 2mg (11.12%), Vitamin B2: 0.17mg (9.74%), Vitamin B1: 0.12mg (7.71%), Vitamin K: 8.08µg (7.7%), Vitamin A: 375.42IU (7.51%)