



Spaghettini with Crab and Spicy Lemon Sauce

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



594 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 teaspoons anchovy paste
- ☐ 1 large garlic clove pressed
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon lemon zest
- ☐ 8 ounces lump crab meat picked over
- ☐ 4 tablespoons olive oil extra-virgin plus more for drizzling
- ☐ 1.5 cups parsley plus sprigs fresh whole packed coarsely chopped for garnish ()
- ☐ 3 ounces pancetta sliced

- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 0.8 pound spaghetti

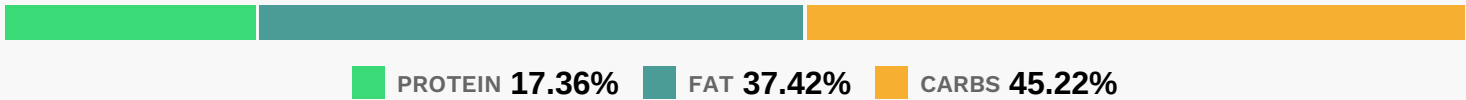
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Meanwhile, heat 4 tablespoons olive oil and garlic in large skillet over medium heat.
- ☐ Mix in next 4 ingredients.
- ☐ Drain pasta, reserving 1/2 cup cooking liquid.
- ☐ Add pasta, 1/4 cup cooking liquid, chopped parsley, and crabmeat to skillet. Toss over medium heat until sauce coats pasta, adding more cooking liquid by tablespoonfuls to moisten if necessary, about 4 minutes. Season with salt and pepper.
- ☐ Transfer to large platter. Top with prosciutto, if desired.
- ☐ Drizzle with olive oil and garnish with parsley sprigs.
- ☐ One serving (without prosciutto) contains the following: Calories (kcal) 519.05, % Calories from Fat 29.0, Fat (g) 16.74, Saturated Fat (g) 2.24, Cholesterol (mg) 34.51, Carbohydrates (g) 67.87, Dietary Fiber (g) 4.67, Total Sugars (g) 1.77, Net Carbs (g) 63.20, Protein (g) 23.02
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:25.82, Inflammation Score:-9, Nutrition Score:30.702608930028%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 48.49mg, Apigenin: 48.49mg, Apigenin: 48.49mg, Apigenin: 48.49mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 3.35mg, Myricetin: 3.35mg, Myricetin: 3.35mg, Myricetin: 3.35mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 593.82kcal (29.69%), Fat: 24.54g (37.75%), Saturated Fat: 5.14g (32.11%), Carbohydrates: 66.71g (22.24%), Net Carbohydrates: 63.04g (22.92%), Sugar: 2.89g (3.21%), Cholesterol: 39.76mg (13.25%), Sodium: 719.73mg (31.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.6g (51.21%), Vitamin K: 378.06µg (360.06%), Selenium: 80.39µg (114.85%), Vitamin B12: 5.23µg (87.15%), Vitamin C: 40.68mg (49.3%), Manganese: 0.86mg (42.95%), Copper: 0.83mg (41.31%), Vitamin A: 1993.13IU (39.86%), Zinc: 5.15mg (34.32%), Phosphorus: 337.43mg (33.74%), Magnesium: 89.76mg (22.44%), Folate: 77.96µg (19.49%), Vitamin B3: 3.72mg (18.59%), Iron: 3.18mg (17.65%), Vitamin E: 2.56mg (17.1%), Vitamin B6: 0.31mg (15.48%), Fiber: 3.67g (14.66%), Potassium: 508.84mg (14.54%), Vitamin B1: 0.19mg (12.45%), Calcium: 85.18mg (8.52%), Vitamin B5: 0.82mg (8.22%), Vitamin B2: 0.13mg (7.57%)