



Spicy Crab Angel Hair with Truffle Oil

 Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



460 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

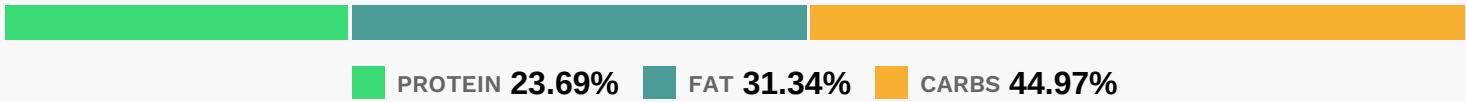
- ☐ 130 g angel hair pasta
- ☐ 2 servings pepper black freshly ground
- ☐ 1 chili – de-seeded red finely chopped
- ☐ 200 g crab meat cooked (I used crab meat)
- ☐ 1 handful coriander fresh finely chopped
- ☐ 1 bulb garlic peeled finely chopped
- ☐ 2 servings salt
- ☐ 2 Tbs truffle oil

Equipment

Directions

☐ Boil pasta in salted boiling water according to packaging instructions.

Nutrition Facts



Properties

Glycemic Index:90.5, Glycemic Load:20.41, Inflammation Score:-6, Nutrition Score:24.440434891245%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 459.86kcal (22.99%), Fat: 15.84g (24.37%), Saturated Fat: 2.33g (14.53%), Carbohydrates: 51.15g (17.05%), Net Carbohydrates: 48.62g (17.68%), Sugar: 2.96g (3.29%), Cholesterol: 97mg (32.33%), Sodium: 764.19mg (33.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.95g (53.89%), Selenium: 84.33µg (120.47%), Vitamin B12: 3.33µg (55.5%), Copper: 1.04mg (52.07%), Vitamin C: 36.64mg (44.41%), Manganese: 0.76mg (37.95%), Phosphorus: 369.94mg (36.99%), Zinc: 4.81mg (32.09%), Vitamin E: 4.14mg (27.57%), Vitamin B3: 4.17mg (20.84%), Vitamin B6: 0.38mg (19.2%), Magnesium: 76.7mg (19.17%), Vitamin K: 18.33µg (17.46%), Folate: 69.18µg (17.29%), Potassium: 494.34mg (14.12%), Vitamin B5: 1.34mg (13.44%), Calcium: 112.56mg (11.26%), Fiber: 2.53g (10.12%), Iron: 1.73mg (9.6%), Vitamin B2: 0.16mg (9.2%), Vitamin A: 351.84IU (7.04%), Vitamin B1: 0.1mg (6.81%)