



## Spicy Crab Pasta

READY IN



30 min.

SERVINGS



8

CALORIES



350 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup butter
- 6 ounce crab meat flaked drained canned
- 14.5 ounce canned tomatoes diced peeled drained canned
- 16 ounce farfalle pasta dry (bow tie)
- 1 tablespoon garlic salt
- 1.5 tablespoons pepper flakes red
- 8 servings salt and pepper to taste

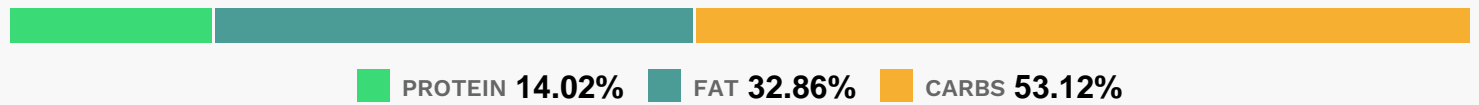
### Equipment

pot

## Directions

- Bring a large pot of lightly salted water to a boil.
- Add farfalle pasta, cook for 8 to 10 minutes, until al dente, and drain.
- Melt the butter in a separate pot.
- Mix in crabmeat and tomatoes. Season with red pepper, garlic salt, salt, and pepper. Cook and stir 10 minutes. Toss with cooked pasta to serve.

## Nutrition Facts



## Properties

Glycemic Index:16.25, Glycemic Load:18.08, Inflammation Score:-7, Nutrition Score:13.351304303045%

## Nutrients (% of daily need)

Calories: 350.4kcal (17.52%), Fat: 12.88g (19.81%), Saturated Fat: 7.55g (47.19%), Carbohydrates: 46.84g (15.61%), Net Carbohydrates: 43.52g (15.83%), Sugar: 3.89g (4.32%), Cholesterol: 51.13mg (17.04%), Sodium: 1372.6mg (59.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.36g (24.73%), Selenium: 45.71µg (65.31%), Manganese: 0.66mg (32.9%), Copper: 0.45mg (22.34%), Vitamin A: 910.2IU (18.2%), Phosphorus: 181.26mg (18.13%), Vitamin E: 2mg (13.31%), Fiber: 3.31g (13.25%), Magnesium: 50.53mg (12.63%), Vitamin B12: 0.73µg (12.2%), Zinc: 1.83mg (12.19%), Vitamin B3: 2.36mg (11.78%), Vitamin B6: 0.22mg (11.13%), Potassium: 364.94mg (10.43%), Iron: 1.78mg (9.9%), Folate: 28.58µg (7.14%), Vitamin C: 5.44mg (6.59%), Vitamin B1: 0.1mg (6.59%), Vitamin B5: 0.63mg (6.28%), Vitamin B2: 0.1mg (5.85%), Calcium: 57.74mg (5.77%), Vitamin K: 5.42µg (5.16%)