



Spicy Crab Spaghettini with Preserved Lemon

READY IN



20 min.

SERVINGS



4

CALORIES



438 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 pound crabmeat frozen shelled thawed cooked cut into 1-inch pieces (from 1 1/4 pound king crab legs)
- 0.3 cup flat parsley finely chopped
- 0.3 cup olive oil extra virgin extra-virgin
- 1 tablespoon simple preserved lemons rinsed finely chopped
- 0.5 cup onion red chopped
- 2 tablespoons butter salted
- 0.5 pound spaghettini thin (spaghetti)
- 1 teaspoons sriracha

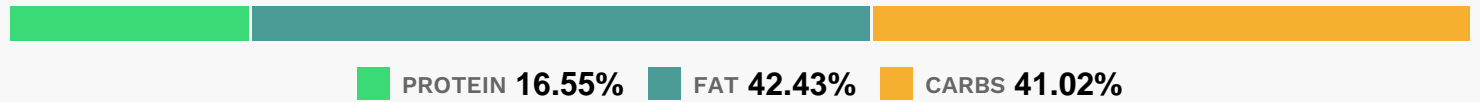
Equipment

- frying pan
- pot

Directions

- Cook spaghettini in a pasta pot of boiling salted water (3 tablespoons salt for 6 quarts water) until al dente.
- Meanwhile, cook onion in oil in a large heavy skillet over medium heat, stirring, until softened. Stir in sambal oelek and cook 1 minute, then add crabmeat. Reduce heat to low and cook, stirring frequently, just until crabmeat is heated through.
- Drain pasta, then add to skillet along with remaining ingredients and toss to coat well.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:17.48, Inflammation Score:-7, Nutrition Score:20.131304554317%

Flavonoids

Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 437.93kcal (21.9%), Fat: 20.53g (31.58%), Saturated Fat: 5.75g (35.95%), Carbohydrates: 44.66g (14.89%), Net Carbohydrates: 42.22g (15.35%), Sugar: 2.54g (2.82%), Cholesterol: 70.05mg (23.35%), Sodium: 397.93mg (17.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.01g (36.03%), Vitamin K: 90.95µg (86.62%), Selenium: 60.33µg (86.19%), Copper: 0.64mg (32.05%), Vitamin B12: 1.9µg (31.67%), Manganese: 0.6mg (29.81%), Phosphorus: 250.33mg (25.03%), Vitamin E: 3.25mg (21.7%), Zinc: 3.05mg (20.36%), Magnesium: 55.15mg (13.79%), Vitamin B3: 2.62mg (13.09%), Vitamin C: 10.75mg (13.03%), Folate: 50.79µg (12.7%), Vitamin A: 599.28IU (11.99%), Fiber: 2.5g (9.98%), Vitamin B6: 0.2mg (9.96%), Potassium: 333.44mg (9.53%), Vitamin B5: 0.86mg (8.63%), Iron: 1.45mg (8.08%), Calcium: 76.9mg (7.69%), Vitamin B2: 0.1mg (5.9%), Vitamin B1: 0.08mg (5.22%)