



Tomato and Crab Spaghetti

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



394 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 20 cherry tomatoes halved
- ☐ 1 tablespoon parsley fresh chopped for garnish
- ☐ 1 clove garlic crushed peeled
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 cup lump crab meat fresh canned
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 pound pasta like spaghetti
- ☐ 2 tablespoons sun-dried tomato paste

☐ 2 tablespoons sun-dried tomatoes sliced

Equipment

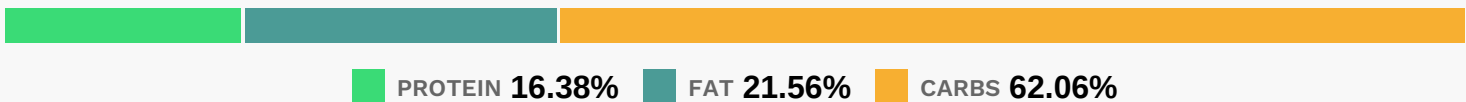
☐ frying pan

☐ pot

Directions

- ☐ Bring a large pot of water to a boil. The trick with pasta is to have as much water in the pot as possible. This prevents the pasta from sticking together when it gets starchy as it cooks. Once the water is at a rolling boil, add the spaghetti and cook according to instructions on the package.
- ☐ Over high heat, heat the oil in a large pan.
- ☐ Add the garlic and turn the heat down to medium.
- ☐ Add the cherry tomatoes and mix well.
- ☐ Add the sun-dried tomato paste and sun-dried tomatoes, and then remove from the heat.
- ☐ Add the lump crabmeat and season with salt and pepper.
- ☐ Add the cooked spaghetti and toss to coat.
- ☐ Serve immediately with the chopped fresh parsley.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:22.98, Inflammation Score:-6, Nutrition Score:17.146956526715%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 393.91kcal (19.7%), Fat: 9.25g (14.23%), Saturated Fat: 1.22g (7.62%), Carbohydrates: 59.92g (19.97%), Net Carbohydrates: 56.84g (20.67%), Sugar: 4.07g (4.52%), Cholesterol: 11.76mg (3.92%), Sodium: 341.5mg (14.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.81g (31.63%), Selenium: 58.42µg (83.46%), Vitamin B12: 2.52µg (42%), Manganese: 0.82mg (40.77%), Copper: 0.55mg (27.33%), Phosphorus: 227.31mg (22.73%), Vitamin C: 16.58mg (20.09%), Zinc: 2.86mg (19.06%), Vitamin K: 17.7µg (16.86%), Magnesium: 62.75mg (15.69%), Fiber: 3.08g (12.31%), Potassium: 413.5mg (11.81%), Iron: 2.08mg (11.56%), Vitamin A: 520.14IU (10.4%), Vitamin B6: 0.21mg (10.34%), Vitamin B3: 2.06mg (10.29%), Vitamin E: 1.42mg (9.43%), Folate: 35.47µg (8.87%), Vitamin B1: 0.11mg (7.4%), Vitamin B5: 0.54mg (5.39%), Vitamin B2: 0.08mg (4.67%), Calcium: 39.16mg (3.92%)