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## **Dragon Noodles with Crab**\*

Dragon Noodles with Crab is a delicious and flavorful dish that combines spicy noodles with succulent crab meat. This dish is perfect for seafood lovers and those who enjoy a little heat in their meals. The noodles are stir-fried with a spicy sauce, garlic, and ginger, and then topped with tender crab meat. It's a dish that is sure to impress!

Recipe Type: Standard Prep Time: 15 mins

Cook Time: 20 mins Total Time: 35 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

## **Ingredients**

250 g	noodles
200 g	Crab meat
3 cloves	garlic
2 tsp	Ginger

3 tbsp	soy sauce
2 tbsp	sesame oil
2 tbsp	chili paste
4 stalks	Green Onions
20 g	Cilantro
4 slices	Lime

## **Directions**

#### Step 1

Boiling

Cook the noodles according to package instructions.

Prep Time: 5 mins

Cook Time: 10 mins

#### Step 2

#### Sautéing

In a large skillet, heat sesame oil over medium heat. Add garlic and ginger, and cook for 1-2 minutes until fragrant.

Prep Time: 2 mins

Cook Time: 2 mins

#### Step 3

#### Stir-frying

Add the cooked noodles to the skillet and stir to combine with the garlic and ginger.

Prep Time: 1 mins

Cook Time: 2 mins

#### Step 4

#### Mixing

In a small bowl, whisk together soy sauce and chili paste. Pour the sauce over the noodles and stir to coat evenly.

Prep Time: 2 mins

Cook Time: 2 mins

#### Step 5

### Mixing

Add the crab meat to the skillet and gently fold it into the noodles.

Prep Time: 1 mins

Cook Time: 2 mins

#### Step 6

Cooking

Cook for an additional 2-3 minutes until the crab meat is heated through.

Prep Time: 0 mins

Cook Time: 3 mins

## Step 7

Garnishing

Garnish with chopped green onions, cilantro, and lime slices.

Prep Time: 1 mins

Cook Time: 0 mins

## **Nutrition Facts**

Calories: 400 kcal

Fat: 6 g

Protein: 25 g

Carbohydrates: 60 g

## **Nutrition Facts**

#### **Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	60 g	109.09%	120%
Fibers	4 g	10.53%	16%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

#### **Fats**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	50 mg	N/A	N/A

## **Vitamins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

#### **Minerals**

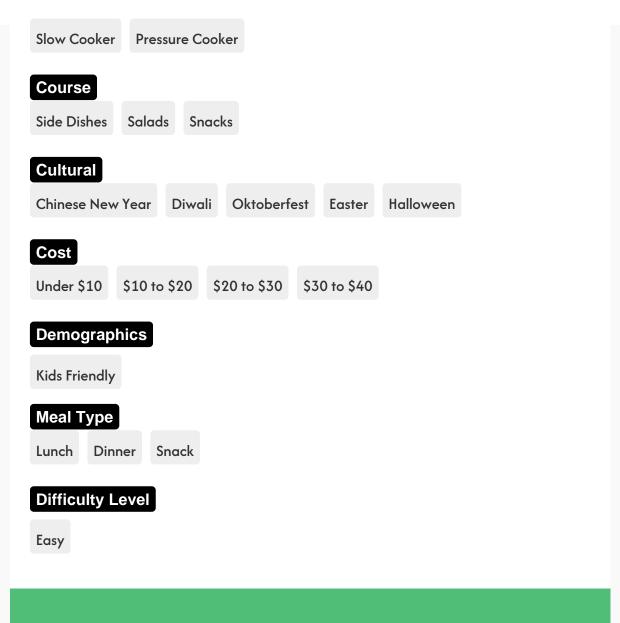
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	900 mg	39.13%	39.13%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%
Selenium	35 mcg	63.64%	63.64%

# **Recipe Attributes**

## Cuisines

Chinese Thai Japanese Mediterranean Spanish

Kitchen Tools



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