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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

Slow Cooker

Pressure Cooker

Course

Side Dishes

Salads

Snacks

Cultural

Chinese New Year

Diwali

Oktoberfest

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

Demographics

Kids Friendly

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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