



## Angel Hair Pasta with Garlic, Herbs, and Parmesan

 Popular

READY IN



25 min.

SERVINGS



4

CALORIES



388 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 8 ounces angel hair pasta
- ☐ 4 servings salt
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 Tbsp herbs such as rosemary fresh finely chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 cloves garlic sliced
- ☐ 0.1 teaspoon chili pepper flakes to taste ( )

- ☐ 0.5 teaspoon pepper black freshly ground to taste ()
- ☐ 0.5 cup parmesan cheese grated

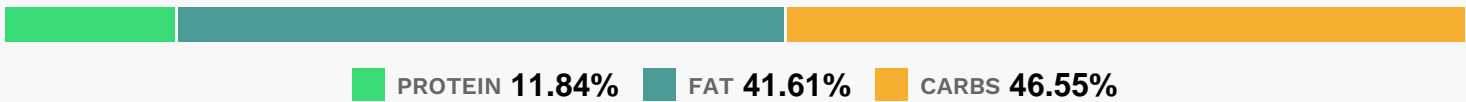
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

## Directions

- ☐ Bring a large pot of salted water to a boil. (1 Tbsp salt for every 2 quarts of water).
- ☐ While the water is heating in step 1, heat the olive oil in a small saucepan on medium heat.
- ☐ Add the sliced garlic, chili pepper flakes, finely chopped herbs, and chopped parsley to the oil. Cook for one minute or until the parsley has wilted and the garlic is emitting a strong fragrance.
- ☐ Remove from heat.
- ☐ The angel hair past will cook in about 2 minutes once it starts, so get everything ready. Once the water is at a rolling boil, add the pasta. Cook at a rolling boil until al dente.
- ☐ Drain the pasta and rinse briefly with cold water, just enough to stop the cooking, but not so much as to make the pasta cold. The pasta should still be quite warm.
- ☐ Place pasta in a large bowl.
- ☐ Pour herbed garlic sauce over the pasta and gently toss to combine.
- ☐ Sprinkle Parmesan cheese and freshly ground black pepper over the pasta and gently toss to combine.
- ☐ Serve immediately as a side dish. Reheats well if you make ahead.

## Nutrition Facts



## Properties

Glycemic Index:62.75, Glycemic Load:17.32, Inflammation Score:-6, Nutrition Score:13.881304291279%

## Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 388.44kcal (19.42%), Fat: 17.93g (27.58%), Saturated Fat: 3.97g (24.81%), Carbohydrates: 45.13g (15.04%), Net Carbohydrates: 43.03g (15.65%), Sugar: 1.6g (1.77%), Cholesterol: 10.88mg (3.63%), Sodium: 418.88mg (18.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.48g (22.95%), Vitamin K: 83.44µg (79.46%), Selenium: 40.56µg (57.94%), Manganese: 0.64mg (32.15%), Phosphorus: 194.25mg (19.43%), Vitamin E: 2.13mg (14.19%), Calcium: 138.61mg (13.86%), Vitamin A: 593.24IU (11.86%), Copper: 0.2mg (9.85%), Magnesium: 39.35mg (9.84%), Zinc: 1.44mg (9.58%), Fiber: 2.1g (8.41%), Vitamin C: 6.48mg (7.86%), Iron: 1.27mg (7.04%), Vitamin B6: 0.13mg (6.42%), Potassium: 192.53mg (5.5%), Vitamin B3: 1.07mg (5.36%), Vitamin B2: 0.09mg (5.07%), Folate: 18.94µg (4.74%), Vitamin B1: 0.06mg (4.24%), Vitamin B5: 0.32mg (3.24%), Vitamin B12: 0.17µg (2.81%)