



Buttery Angel Hair Pasta with Parmesan Cheese

READY IN



8 min.

SERVINGS



4

CALORIES



157 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces angel hair pasta
- ☐ 1 tablespoon butter
- ☐ 0.3 cup parmesan cheese grated

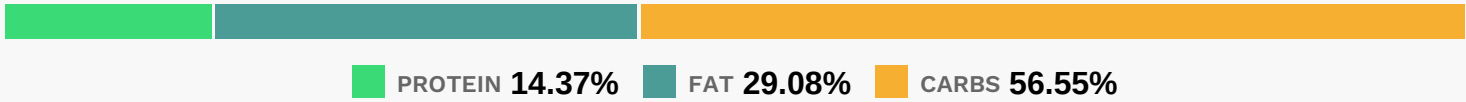
Equipment

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.

- ☐ Drain.
- ☐ Combine cooked pasta, cheese, and butter; toss well.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:8.51, Inflammation Score:-2, Nutrition Score:4.1856521737316%

Nutrients (% of daily need)

Calories: 156.58kcal (7.83%), Fat: 5.02g (7.72%), Saturated Fat: 2.85g (17.79%), Carbohydrates: 21.95g (7.32%), Net Carbohydrates: 21.04g (7.65%), Sugar: 0.76g (0.85%), Cholesterol: 12.96mg (4.32%), Sodium: 133.58mg (5.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.15%), Selenium: 20.14µg (28.77%), Manganese: 0.27mg (13.26%), Phosphorus: 94.05mg (9.4%), Calcium: 62.04mg (6.2%), Zinc: 0.67mg (4.49%), Magnesium: 17.28mg (4.32%), Copper: 0.08mg (4.22%), Fiber: 0.91g (3.63%), Vitamin A: 141.53IU (2.83%), Vitamin B3: 0.49mg (2.44%), Vitamin B2: 0.04mg (2.34%), Vitamin B6: 0.05mg (2.27%), Iron: 0.4mg (2.21%), Potassium: 75.56mg (2.16%), Vitamin B1: 0.03mg (1.83%), Vitamin B12: 0.09µg (1.51%), Vitamin B5: 0.15mg (1.46%), Folate: 5.58µg (1.4%)