



Delicious Angel Hair Pasta

 Very Healthy

READY IN



20 min.

SERVINGS



1

CALORIES



1073 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounce angel hair pasta
- 1 tablespoon basil fresh chopped
- 1 tablespoon basil fresh chopped
- 2 tablespoons parsley fresh divided chopped
- 0.3 teaspoon garlic powder
- 2 tablespoons juice of lemon
- 1 tablespoon olive oil extra virgin extra-virgin
- 0.3 teaspoon onion powder

- 1 tablespoon oregano fresh chopped
- 3 tablespoons parmesan cheese grated
- 1 serving salt and pepper to taste
- 1 teaspoon granulated sugar white
- 1 teaspoon citrus champagne vinegar

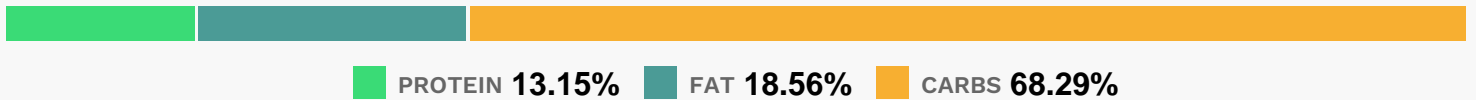
Equipment

- frying pan
- pot

Directions

- Bring a pot of lightly salted water to a rolling boil; cook the angel hair pasta in boiling water until the pasta has cooked through yet firm to the bite, 4 to 5 minutes.
- Drain.
- Heat the olive oil in a skillet over medium-high heat.
- Add the pimentos, lemon juice, vinegar, sugar, 1 tablespoon parsley, basil, oregano, garlic powder, and onion powder to the oil and stir; cook until the herbs are heated and fragrant. Stir the Parmesan cheese into the mixture.
- Add the pasta to the skillet and toss to evenly coat with the seasonings. Season with salt and pepper, garnish with remaining parsley, and serve hot.

Nutrition Facts



Properties

Glycemic Index:294.09, Glycemic Load:71.07, Inflammation Score:-10, Nutrition Score:32.831739093946%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 17.25mg, Apigenin: 17.25mg, Apigenin: 17.25mg, Apigenin: 17.25mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg

Kaempferol: 0.12mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 1072.51kcal (53.63%), Fat: 22.02g (33.88%), Saturated Fat: 4.99g (31.19%), Carbohydrates: 182.28g (60.76%), Net Carbohydrates: 172.33g (62.67%), Sugar: 11.15g (12.39%), Cholesterol: 13.05mg (4.35%), Sodium: 477.62mg (20.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.11g (70.22%), Selenium: 149.14µg (213.05%), Vitamin K: 187.82µg (178.87%), Manganese: 2.42mg (121.05%), Phosphorus: 545.54mg (54.55%), Fiber: 9.94g (39.78%), Magnesium: 148.66mg (37.16%), Copper: 0.73mg (36.65%), Iron: 5.67mg (31.49%), Calcium: 283.11mg (28.31%), Vitamin C: 23.24mg (28.16%), Zinc: 4.16mg (27.73%), Vitamin E: 3.4mg (22.66%), Vitamin A: 1101.52IU (22.03%), Vitamin B6: 0.43mg (21.48%), Vitamin B3: 4.28mg (21.37%), Potassium: 699.46mg (19.98%), Folate: 75.13µg (18.78%), Vitamin B1: 0.24mg (15.87%), Vitamin B2: 0.23mg (13.64%), Vitamin B5: 1.16mg (11.61%), Vitamin B12: 0.2µg (3.38%)