



Dinner Tonight: Pasta with Spring Herbs

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 2 teaspoons lemon zest grated
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 cup parmesan grated
- ☐ 0.5 pound soup noodles dried
- ☐ 4 servings salt and pepper

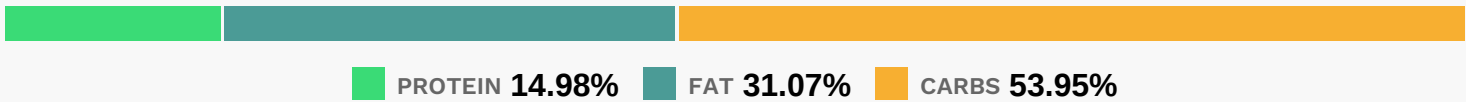
Equipment

- ☐ bowl
- ☐ pot
- ☐ colander

Directions

- ☐ Bring a large pot of water to a boil, and cook the pasta according to the directions on the box.
- ☐ Drain the pasta in a colander. Dump the pasta into a large bowl.
- ☐ Add the herbs, olive oil, lemon zest, lemon juice, half the parmesan, and a pinch of salt and pepper. Toss well and serve with the remaining parmesan on top.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:17.19, Inflammation Score:-6, Nutrition Score:12.880434830552%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 325.14kcal (16.26%), Fat: 11.16g (17.17%), Saturated Fat: 3.18g (19.89%), Carbohydrates: 43.6g (14.53%), Net Carbohydrates: 41.49g (15.09%), Sugar: 1.78g (1.98%), Cholesterol: 8.5mg (2.83%), Sodium: 401.57mg (17.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.1g (24.21%), Vitamin K: 65.98µg (62.84%), Selenium: 38.66µg (55.23%), Manganese: 0.57mg (28.33%), Phosphorus: 198.44mg (19.84%), Calcium: 172.95mg (17.29%), Vitamin A: 640.97IU (12.82%), Vitamin C: 10.23mg (12.39%), Magnesium: 39.42mg (9.86%), Copper: 0.18mg (8.97%), Fiber: 2.12g (8.47%), Zinc: 1.21mg (8.1%), Vitamin E: 1.13mg (7.56%), Iron: 1.32mg (7.32%), Folate: 22.07µg (5.52%), Vitamin B3: 1.1mg (5.5%), Potassium: 185.97mg (5.31%), Vitamin B2: 0.09mg (5.25%), Vitamin B6: 0.1mg (5.21%), Vitamin B1:

0.06mg (4.16%), Vitamin B5: 0.34mg (3.36%), Vitamin B12: 0.15µg (2.5%)