



WHATSheATE



Fettuccine with Olive Oil, Garlic, and Red Pepper

READY IN



28 min.

SERVINGS



4

CALORIES



398 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 8 ounces fettuccine barilla uncooked
- ☐ 0.3 cup flat-leaf parsley fresh coarsely chopped
- ☐ 3 garlic cloves minced
- ☐ 3.3 teaspoons kosher salt divided
- ☐ 0.3 cup olive oil divided
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 6 quarts water

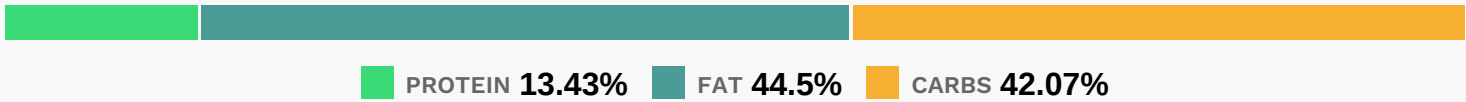
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Heat a large skillet over medium heat.
- ☐ Add 2 tablespoons oil; swirl to coat.
- ☐ Add garlic; cook 30 seconds, stirring constantly. Stir in pepper.
- ☐ Remove from heat.
- ☐ Bring 6 quarts water and 1 tablespoon salt to a boil in a large pot.
- ☐ Add pasta; cook 8 minutes or until almost al dente.
- ☐ Drain pasta in a colander over a bowl, reserving 1/2 cup cooking liquid.
- ☐ Add hot pasta, reserved cooking liquid, remaining 1/4 teaspoon salt, and cheese to garlic mixture. Increase heat to medium-high; cook 2 minutes or until pasta is al dente, tossing to combine.
- ☐ Remove from heat.
- ☐ Add parsley; toss.
- ☐ Place 1 1/2 cups pasta on each of 4 plates; drizzle each serving with 1 1/2 teaspoons olive oil.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:17.34, Inflammation Score:-6, Nutrition Score:16.837391392044%

Flavonoids

Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol:

0.08mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 398.49kcal (19.92%), Fat: 19.77g (30.41%), Saturated Fat: 4.87g (30.46%), Carbohydrates: 42.05g (14.02%), Net Carbohydrates: 39.88g (14.5%), Sugar: 1.26g (1.4%), Cholesterol: 57.27mg (19.09%), Sodium: 2206.97mg (95.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.42g (26.84%), Vitamin K: 90.95µg (86.62%), Selenium: 48.25µg (68.93%), Manganese: 0.54mg (27.12%), Calcium: 243.36mg (24.34%), Phosphorus: 242.11mg (24.21%), Copper: 0.42mg (20.91%), Vitamin E: 2.32mg (15.46%), Magnesium: 56.8mg (14.2%), Vitamin A: 641.39IU (12.83%), Zinc: 1.72mg (11.44%), Iron: 1.68mg (9.32%), Vitamin C: 7.35mg (8.91%), Fiber: 2.17g (8.68%), Vitamin B6: 0.17mg (8.65%), Vitamin B1: 0.11mg (7.42%), Vitamin B3: 1.34mg (6.7%), Vitamin B2: 0.11mg (6.34%), Folate: 25.17µg (6.29%), Vitamin B5: 0.62mg (6.17%), Vitamin B12: 0.33µg (5.58%), Potassium: 193.51mg (5.53%), Vitamin D: 0.24µg (1.61%)