



Fettuccine with Olive Oil, Garlic, and Red Pepper

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



300 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper red crushed
- 12 ounces fettuccine barilla uncooked
- 1 tablespoon parsley fresh minced
- 3 garlic cloves minced
- 0.3 cup olive oil extra-virgin divided
- 1 tablespoon sea salt divided fine
- 6 quarts water

Equipment

- bowl
- frying pan
- pot
- colander

Directions

- Heat 2 tablespoons oil in a large skillet over medium heat.
- Add garlic; cook 30 seconds or just until garlic begins to brown, stirring frequently. Stir in parsley and pepper.
- Remove from heat.
- Bring 6 quarts water and 1 tablespoon salt to a boil in an 8-quart pot.
- Add pasta to pot; stir. Cover; return water to a boil. Uncover and cook 8 minutes or until almost al dente.
- Drain pasta in a colander over a bowl, reserving 1/2 cup cooking water.
- Add hot pasta, reserved cooking water, and remaining 1/4 teaspoon salt to garlic mixture. Increase heat to medium-high; cook 2 minutes or until pasta is al dente, tossing to combine.
- Place 1 cup pasta mixture on each of 6 plates; drizzle each serving with 1 teaspoon remaining oil.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:17.1, Inflammation Score:-3, Nutrition Score:10.00782629718%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 299.99kcal (15%), Fat: 11.54g (17.76%), Saturated Fat: 1.92g (11.97%), Carbohydrates: 40.99g (13.66%), Net Carbohydrates: 39.04g (14.19%), Sugar: 1.09g (1.21%), Cholesterol: 47.63mg (15.88%), Sodium: 1224.14mg (53.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.31%), Selenium: 44.91µg (64.16%), Manganese: 0.52mg (25.77%), Copper: 0.33mg (16.35%), Vitamin K: 16.75µg (15.95%), Phosphorus: 139.58mg (13.96%), Magnesium: 43.21mg (10.8%), Vitamin E: 1.54mg (10.29%), Zinc: 1.21mg (8.1%), Fiber: 1.95g (7.81%), Vitamin B6: 0.14mg (7.17%), Iron: 1.22mg (6.77%), Vitamin B1: 0.1mg (6.68%), Vitamin B3: 1.22mg (6.1%), Calcium: 52.96mg (5.3%), Vitamin B5: 0.53mg (5.29%), Folate: 17.52µg (4.38%), Potassium: 150.01mg (4.29%), Vitamin B2: 0.05mg (3.18%), Vitamin B12: 0.16µg (2.74%), Vitamin A: 116.16IU (2.32%), Vitamin C: 1.36mg (1.64%), Vitamin D: 0.17µg (1.13%)