



Fiery Angel Hair Pasta

READY IN



25 min.

SERVINGS



6

CALORIES



465 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound angel hair pasta
- ☐ 6 servings sea salt
- ☐ 1 juice of lemon juiced
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 2 tablespoons lemon zest
- ☐ 2 cups olive oil
- ☐ 0.7 cup parmesan freshly grated
- ☐ 0.5 cup parsley leaves fresh italian chopped
- ☐ 4 teaspoons pepper flakes dried red crushed

☐ 6 servings pepper flakes dried red crushed

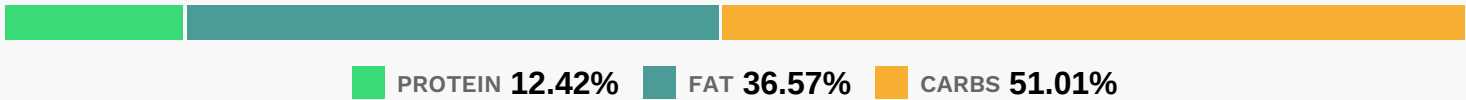
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ kitchen thermometer

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the angel hair pasta and cook until tender but still firm to the bite, stirring occasionally, about 6 to 8 minutes.
- ☐ Drain, reserving 1 cup of the pasta water.
- ☐ Stir the oil, parsley, lemon juice and lemon peel in a large serving bowl.
- ☐ Add the cooked pasta and toss with enough reserved pasta water, 1/4 cup at a time, to moisten. Season the pasta with salt and red pepper flakes, to taste.
- ☐ Sprinkle grated lemon peel over pasta for extra flavor and texture.
- ☐ Sprinkle with the Parmesan and serve.
- ☐ Combine the oil and crushed red pepper flakes in a heavy small saucepan. Cook over low heat until a thermometer inserted into the oil registers 180 degrees F, about 5 minutes.
- ☐ Remove from heat. Cool to room temperature, about 2 hours.
- ☐ Transfer the oil and pepper flakes to a 4-ounce bottle. Seal the lid. Refrigerate up to 1 month.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:22.84, Inflammation Score:-8, Nutrition Score:18.499130596285%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 10.84mg, Apigenin: 10.84mg, Apigenin: 10.84mg, Apigenin: 10.84mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 464.64kcal (23.23%), Fat: 18.95g (29.15%), Saturated Fat: 4.11g (25.7%), Carbohydrates: 59.47g (19.82%), Net Carbohydrates: 55.48g (20.18%), Sugar: 2.61g (2.9%), Cholesterol: 7.56mg (2.52%), Sodium: 434.26mg (18.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.48g (28.95%), Vitamin K: 94.46µg (89.96%), Selenium: 50.98µg (72.83%), Manganese: 0.76mg (38.06%), Vitamin A: 1497.69IU (29.95%), Phosphorus: 233.55mg (23.36%), Vitamin E: 3.5mg (23.35%), Calcium: 168.8mg (16.88%), Fiber: 3.99g (15.96%), Vitamin C: 11.4mg (13.82%), Copper: 0.27mg (13.29%), Magnesium: 53.05mg (13.26%), Iron: 2.06mg (11.47%), Zinc: 1.58mg (10.51%), Vitamin B6: 0.2mg (9.89%), Vitamin B3: 1.78mg (8.9%), Potassium: 280.31mg (8.01%), Vitamin B2: 0.12mg (7.12%), Folate: 24.2µg (6.05%), Vitamin B1: 0.09mg (5.83%), Vitamin B5: 0.44mg (4.39%), Vitamin B12: 0.13µg (2.22%)