

Fried Garlic Pasta

READY IN



28 min.

SERVINGS



6

CALORIES



479 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound angel hair pasta
- 2 bulbs garlic diced peeled
- 2 cups olive oil for frying
- 1 cup parmesan cheese grated

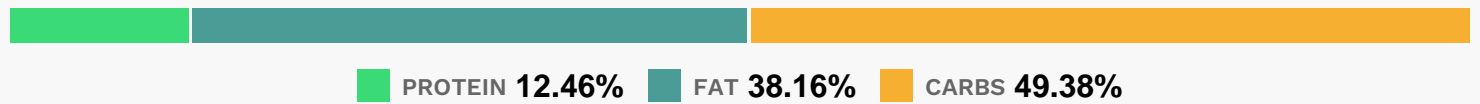
Equipment

- sauce pan
- pot
- slotted spoon

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Heat olive oil in a saucepan over medium heat until a piece of garlic dropped into the oil slowly bubbles.
- Add the garlic, and cook and stir until golden brown, 5 to 7 minutes.
- Remove garlic from the oil with a slotted spoon and set aside; reserve oil.
- To serve, place the pasta onto individual serving dishes and sprinkle with fried garlic.
- Drizzle with a little of the frying oil and sprinkle with Parmesan cheese. Reserve remaining garlic-flavored oil for another use.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:22.79, Inflammation Score:-4, Nutrition Score:11.930434773798%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 479.42kcal (23.97%), Fat: 20.21g (31.1%), Saturated Fat: 4.78g (29.88%), Carbohydrates: 58.85g (19.62%), Net Carbohydrates: 56.41g (20.51%), Sugar: 2.04g (2.27%), Cholesterol: 14.5mg (4.83%), Sodium: 296.66mg (12.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.85g (29.71%), Selenium: 53.75µg (76.79%), Manganese: 0.72mg (36.21%), Phosphorus: 250.08mg (25.01%), Calcium: 165.16mg (16.52%), Vitamin E: 2.24mg (14.95%), Zinc: 1.8mg (11.99%), Magnesium: 46.15mg (11.54%), Copper: 0.23mg (11.41%), Fiber: 2.44g (9.76%), Vitamin K: 9.04µg (8.61%), Vitamin B6: 0.13mg (6.66%), Vitamin B3: 1.31mg (6.53%), Iron: 1.16mg (6.42%), Vitamin B2: 0.1mg (6.12%), Potassium: 203.41mg (5.81%), Vitamin B1: 0.07mg (4.97%), Vitamin B5: 0.39mg (3.86%), Vitamin B12: 0.22µg (3.75%), Folate: 14.64µg (3.66%), Vitamin A: 144.26IU (2.89%)