



WHATSheATE



Fried Vermicelli and Green Onions



Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



611 kcal

SIDE DISH

Ingredients

- ☐ 1 cup basil fresh shredded
- ☐ 3 tablespoons butter cut into small pieces
- ☐ 3 cloves garlic crushed
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 4 servings bell pepper
- ☐ 1 pound vermicelli
- ☐ 4 servings salt
- ☐ 6 scallions shredded cut into 3-inch pieces then lengthwise

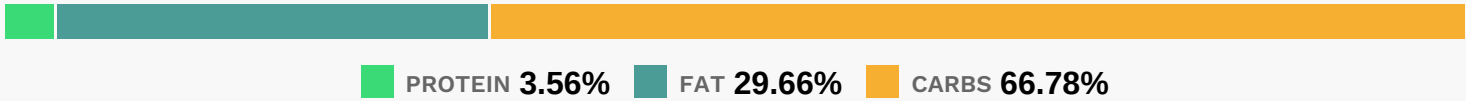
Equipment

☐ frying pan

Directions

- ☐ Cook vermicelli in salted water to al dente; drain.
- ☐ Heat extra-virgin olive oil and butter with garlic over medium heat and cook garlic until it begins to soften, about 4 to 5 minutes.
- ☐ Remove garlic and raise heat. Fry the scallions in the seasoned oil for 3 to 4 minutes.
- ☐ Add well-drained pasta to the pan and season with salt and pepper. Toss the pasta liberally with the scallions and seasoned oil.
- ☐ Place a plate smaller than the pan down over the vermicelli and weight it with a few cans or a heavy skillet.
- ☐ Let the vermicelli brown and crisp up a bit.
- ☐ Remove the skillet and plate and invert onto a serving platter.
- ☐ Garnish with basil.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:55.16, Inflammation Score:-9, Nutrition Score:19.485652200554%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 610.74kcal (30.54%), Fat: 19.96g (30.7%), Saturated Fat: 7.07g (44.21%), Carbohydrates: 101.12g (33.71%), Net Carbohydrates: 97.13g (35.32%), Sugar: 3.6g (3.99%), Cholesterol: 22.58mg (7.53%), Sodium: 474.38mg (20.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.78%), Vitamin C: 100.53mg (121.85%), Vitamin K: 72.9µg (69.43%), Vitamin A: 3091.15IU (61.82%), Manganese: 0.78mg (39.2%), Selenium: 17.75µg

(25.36%), Phosphorus: 208.85mg (20.89%), Vitamin E: 3.08mg (20.54%), Fiber: 3.99g (15.96%), Vitamin B6: 0.28mg (14.11%), Folate: 53.65µg (13.41%), Iron: 1.67mg (9.29%), Zinc: 1.18mg (7.87%), Potassium: 270.28mg (7.72%), Magnesium: 30.77mg (7.69%), Copper: 0.15mg (7.3%), Vitamin B2: 0.11mg (6.33%), Vitamin B1: 0.09mg (6.16%), Vitamin B3: 1.15mg (5.74%), Calcium: 56.02mg (5.6%), Vitamin B5: 0.34mg (3.45%)