



Garlic and Lemon Linguine

READY IN



45 min.

SERVINGS



3

CALORIES



282 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2.5 cups pasta hot cooked (without salt or fat)
- 2 garlic cloves crushed
- 2 tablespoons juice of lemon
- 1.5 tablespoons butter reduced-calorie
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon pepper

Equipment

- sauce pan

Directions

- Melt margarine in a small saucepan over medium heat; stir in Parmesan cheese and next 3 ingredients.
- Pour over pasta; toss gently.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.83, Glycemic Load:17.26, Inflammation Score:-4, Nutrition Score:7.4956521767637%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 282.35kcal (14.12%), Fat: 9.14g (14.06%), Saturated Fat: 2.68g (16.77%), Carbohydrates: 39.95g (13.32%), Net Carbohydrates: 37.62g (13.68%), Sugar: 0.96g (1.06%), Cholesterol: 7.25mg (2.42%), Sodium: 213.56mg (9.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.73g (19.47%), Selenium: 35.13µg (50.18%), Manganese: 0.47mg (23.67%), Phosphorus: 128.91mg (12.89%), Fiber: 2.33g (9.33%), Iron: 1.66mg (9.21%), Calcium: 89.92mg (8.99%), Copper: 0.14mg (6.81%), Zinc: 1.01mg (6.73%), Magnesium: 26.55mg (6.64%), Vitamin A: 325.08IU (6.5%), Vitamin C: 4.51mg (5.46%), Vitamin B6: 0.1mg (4.85%), Vitamin B2: 0.06mg (3.52%), Folate: 11.15µg (2.79%), Potassium: 94.19mg (2.69%), Vitamin B3: 0.52mg (2.59%), Vitamin E: 0.35mg (2.35%), Vitamin B1: 0.03mg (2.26%), Vitamin B12: 0.12µg (1.99%), Vitamin B5: 0.2mg (1.98%)