

Garlic-Basil Pasta

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

2

CALORIES

calories

135 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

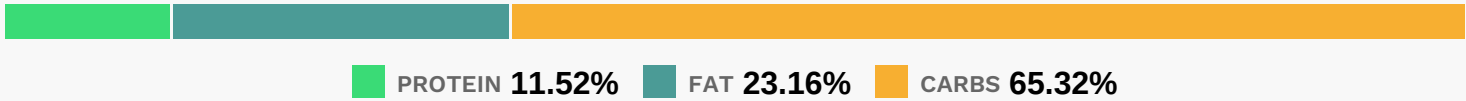
- ☐ 2 ounces angel hair pasta refrigerated uncooked
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon bottled garlic minced
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1.5 teaspoons olive oil
- ☐ 0.3 teaspoon salt

Equipment

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain, reserving 1 tablespoon pasta water.
- ☐ Combine pasta water, olive oil, and next 4 ingredients; toss with pasta and basil.

Nutrition Facts



Properties

Glycemic Index:87, Glycemic Load:8.67, Inflammation Score:-2, Nutrition Score:4.3704347610474%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 135.2kcal (6.76%), Fat: 3.46g (5.33%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 21.97g (7.32%), Net Carbohydrates: 20.93g (7.61%), Sugar: 0.84g (0.93%), Cholesterol: 0mg (0%), Sodium: 292.81mg (12.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.75%), Selenium: 18.12µg (25.88%), Manganese: 0.34mg (16.84%), Vitamin K: 10.56µg (10.06%), Phosphorus: 57.21mg (5.72%), Copper: 0.1mg (4.87%), Magnesium: 17.2mg (4.3%), Fiber: 1.04g (4.14%), Vitamin E: 0.49mg (3.24%), Vitamin B6: 0.06mg (3.04%), Zinc: 0.44mg (2.9%), Iron: 0.5mg (2.77%), Vitamin B3: 0.51mg (2.57%), Potassium: 80.12mg (2.29%), Vitamin A: 107.13IU (2.14%), Vitamin C: 1.72mg (2.08%), Vitamin B1: 0.03mg (1.97%), Folate: 7.04µg (1.76%), Vitamin B5: 0.14mg (1.41%), Calcium: 13.22mg (1.32%), Vitamin B2: 0.02mg (1.22%)