



Garlic-Lemon Pasta

READY IN



45 min.

SERVINGS



5

CALORIES



160 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 ounces angel hair pasta uncooked
- ☐ 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

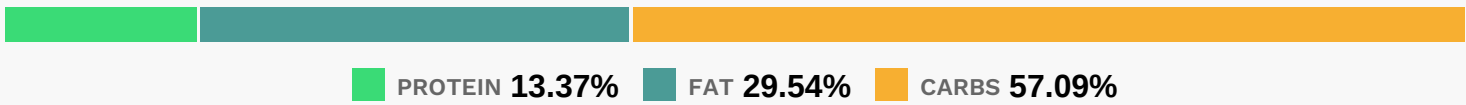
Equipment

- ☐ sauce pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Melt margarine in a small saucepan over medium heat; stir in Parmesan cheese and remaining 3 ingredients.
- ☐ Pour over pasta; toss gently.
- ☐ Tip: Pair this lemony pasta side dish with Turkey Parmesan and a mixed green salad, or try it with the Valentine's Day Dinner menu on page

Nutrition Facts



Properties

Glycemic Index:20.8, Glycemic Load:8.65, Inflammation Score:-2, Nutrition Score:4.5252174184374%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 160.03kcal (8%), Fat: 5.24g (8.06%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 22.77g (7.59%), Net Carbohydrates: 21.76g (7.91%), Sugar: 0.92g (1.03%), Cholesterol: 4.35mg (1.45%), Sodium: 129.11mg (5.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.67%), Selenium: 19.85µg (28.36%), Manganese: 0.31mg (15.53%), Phosphorus: 88.88mg (8.89%), Calcium: 54.83mg (5.48%), Copper: 0.09mg (4.56%), Magnesium: 17.9mg (4.48%), Zinc: 0.64mg (4.24%), Fiber: 1g (4%), Vitamin A: 195.05IU (3.9%), Vitamin C: 2.7mg (3.28%), Vitamin B6: 0.06mg (3.15%), Vitamin B3: 0.5mg (2.51%), Potassium: 87.83mg (2.51%), Iron: 0.44mg (2.42%), Vitamin B2: 0.04mg (2.26%), Vitamin B1: 0.03mg (2.09%), Folate: 6.71µg (1.68%), Vitamin B5: 0.16mg (1.6%), Vitamin E: 0.2mg (1.33%), Vitamin B12: 0.07µg (1.2%)