



Garlic Pasta

READY IN



30 min.

SERVINGS



8

CALORIES



297 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon pepper red crushed
- ☐ 1 tablespoon basil fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 medium head garlic peeled chopped
- ☐ 0.5 cup olive oil
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 cup parmesan cheese grated
- ☐ 16 ounce penne pasta dry

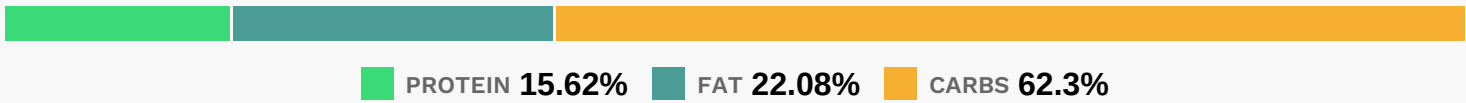
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente; drain.
- ☐ In a skillet, saute garlic in oil on low heat, just hot enough to make the garlic sizzle; about 10 to 15 minutes. Season with basil, oregano, parsley, and crushed red pepper, and remove from heat.
- ☐ In a large bowl, toss cooked pasta with garlic and herb mixture, and let sit for 3 to 5 minutes.
- ☐ Sprinkle with Parmesan, and serve.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:17.36, Inflammation Score:-7, Nutrition Score:11.060869627673%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 296.96kcal (14.85%), Fat: 7.25g (11.16%), Saturated Fat: 2.51g (15.66%), Carbohydrates: 46.04g (15.35%), Net Carbohydrates: 43.5g (15.82%), Sugar: 1.66g (1.85%), Cholesterol: 10.88mg (3.63%), Sodium: 239.93mg (10.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.54g (23.09%), Selenium: 40.94µg (58.49%), Manganese: 0.64mg (32.09%), Vitamin K: 24.33µg (23.18%), Phosphorus: 196.41mg (19.64%), Calcium: 143.87mg (14.39%), Vitamin A: 513IU (10.26%), Fiber: 2.54g (10.15%), Copper: 0.2mg (9.79%), Magnesium: 39.14mg (9.78%), Zinc: 1.45mg (9.69%), Vitamin B6: 0.16mg (8.14%), Iron: 1.34mg (7.45%), Vitamin E: 1.02mg (6.82%), Vitamin B3: 1.16mg (5.79%), Potassium: 197.15mg (5.63%), Vitamin B2: 0.09mg (5.58%), Vitamin B1: 0.07mg (4.4%), Folate:

14.51µg (3.63%), Vitamin B5: 0.32mg (3.25%), Vitamin C: 2.49mg (3.02%), Vitamin B12: 0.17µg (2.81%)