



Hot Sesame Spaghetti

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



109 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2.5 cups broccoli flowerets coarsely chopped
- 2 teaspoons chile oil hot divided
- 1.5 teaspoons garlic minced
- 0.5 cup green onions chopped
- 1 cup bell pepper diced sweet red
- 0.5 teaspoon salt
- 1 tablespoon sesame seed lightly toasted
- 8 ounces pasta like spaghetti uncooked

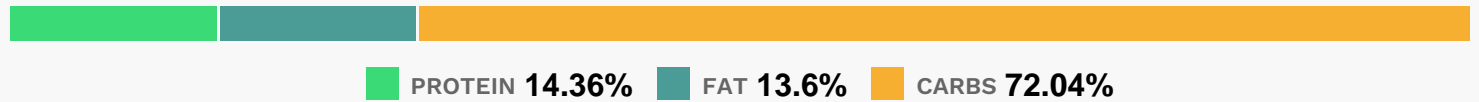
Equipment

- frying pan

Directions

- Coat a large nonstick skillet with cooking spray; add 1 teaspoon oil.
- Place over medium-high heat until hot.
- Add broccoli and next 3 ingredients; saute until vegetables are crisp-tender.
- Cook pasta according to package directions, omitting salt and fat; drain well. Toss with remaining 1 teaspoon oil.
- Add broccoli mixture, sesame seeds, and salt; toss well.

Nutrition Facts



Properties

Glycemic Index:20.3, Glycemic Load:7.43, Inflammation Score:-6, Nutrition Score:8.8186955451965%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 109.42kcal (5.47%), Fat: 1.68g (2.58%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 20g (6.67%), Net Carbohydrates: 18.15g (6.6%), Sugar: 1.73g (1.92%), Cholesterol: 0mg (0%), Sodium: 126.47mg (5.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.97%), Vitamin C: 39.78mg (48.21%), Vitamin K: 34.03µg (32.41%), Selenium: 15.27µg (21.81%), Manganese: 0.31mg (15.32%), Vitamin A: 653.54IU (13.07%), Fiber: 1.84g (7.38%), Folate: 28.79µg (7.2%), Phosphorus: 68.83mg (6.88%), Vitamin B6: 0.13mg (6.45%), Copper: 0.12mg (5.85%), Magnesium: 22.35mg (5.59%), Potassium: 170.92mg (4.88%), Iron: 0.72mg (4.02%), Vitamin E: 0.58mg (3.85%), Vitamin B3: 0.74mg (3.69%), Vitamin B1: 0.05mg (3.6%), Zinc: 0.53mg (3.56%), Vitamin B2: 0.06mg (3.44%), Calcium: 28.44mg (2.84%), Vitamin B5: 0.28mg (2.78%)