



## Late-Night Pasta Chez Frank

READY IN



25 min.

SERVINGS



3

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 oz spaghetti cooked
- 0.3 cup basil fresh chopped
- 6 garlic cloves pressed
- 4 jalapeño peppers seeds removed
- 0.5 teaspoon kosher salt
- 2 tablespoons olive oil
- 3 servings parmesan cheese freshly grated
- 8 plum tomatoes chopped

# Equipment

frying pan

# Directions

- Cook vermicelli according to package directions; drain and keep warm.
- Finely chop jalapeo or other peppers; set aside.
- Saut garlic in hot oil in a large skillet over medium heat 1 to 2 minutes or until golden.
- Add peppers, and cook, stirring constantly, 1 minute.

# Nutrition Facts



**PROTEIN 16.3%**   **FAT 42.9%**   **CARBS 40.8%**

# Properties

Glycemic Index:77.17, Glycemic Load:14.9, Inflammation Score:-9, Nutrition Score:22.891304347826%

# Flavonoids

Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

# Nutrients (% of daily need)

Calories: 391.57kcal (19.58%), Fat: 19.08g (29.35%), Saturated Fat: 6.15g (38.43%), Carbohydrates: 40.82g (13.61%), Net Carbohydrates: 36.41g (13.24%), Sugar: 8.04g (8.93%), Cholesterol: 26.1mg (8.7%), Sodium: 928.32mg (40.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.31g (32.61%), Vitamin C: 111.22mg (134.82%), Vitamin A: 2349.13IU (46.98%), Selenium: 31.62µg (45.17%), Vitamin K: 38.76µg (36.91%), Manganese: 0.7mg (35.08%), Calcium: 311.34mg (31.13%), Phosphorus: 310.2mg (31.02%), Vitamin B6: 0.58mg (28.79%), Potassium: 705.6mg (20.16%), Vitamin E: 2.88mg (19.17%), Fiber: 4.41g (17.65%), Magnesium: 59.31mg (14.83%), Zinc: 2.21mg (14.76%), Copper: 0.29mg (14.55%), Iron: 2.41mg (13.38%), Vitamin B2: 0.21mg (12.37%), Folate: 47.69µg (11.92%), Vitamin B3: 2.12mg (10.6%), Vitamin B1: 0.14mg (9.37%), Vitamin B12: 0.41µg (6.75%), Vitamin B5: 0.49mg (4.91%)