

Lemon-Basil Bow Ties

READY IN



30 min.

SERVINGS



4

CALORIES



259 kcal

SIDE DISH

Ingredients

- 4 cups farfalle pasta uncooked
- 0.5 cup basil fresh loosely packed thinly sliced
- 1 garlic clove minced
- 0.3 teaspoon pepper
- 1 tablespoon juice of lemon
- 1 teaspoon lemon zest grated
- 1 teaspoons olive oil
- 0.3 cup parmesan shredded
- 0.5 teaspoon salt

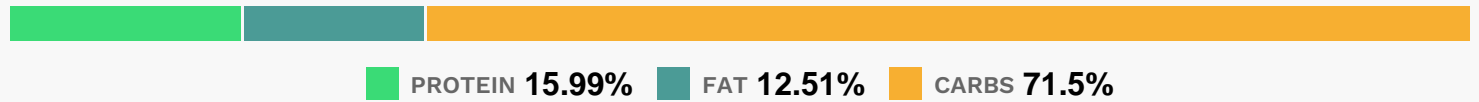
Equipment

frying pan

Directions

- Cook pasta according to package directions. Meanwhile, in a skillet, saute garlic in oil for 1 minute. Stir in the lemon juice, lemon peel, salt and pepper.
- Drain pasta; add to skillet.
- Add basil; toss to coat. Cook and stir for 1-2 minutes or until basil is wilted.
- Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:18.17, Inflammation Score:-4, Nutrition Score:8.9299999715193%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 259.12kcal (12.96%), Fat: 3.56g (5.47%), Saturated Fat: 1.34g (8.34%), Carbohydrates: 45.75g (15.25%), Net Carbohydrates: 43.67g (15.88%), Sugar: 1.78g (1.98%), Cholesterol: 4.25mg (1.42%), Sodium: 394.77mg (17.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.23g (20.47%), Selenium: 39.46µg (56.37%), Manganese: 0.62mg (30.78%), Phosphorus: 160.16mg (16.02%), Vitamin K: 13.44µg (12.8%), Copper: 0.19mg (9.61%), Calcium: 94.91mg (9.49%), Magnesium: 37.18mg (9.29%), Fiber: 2.08g (8.32%), Zinc: 1.06mg (7.04%), Vitamin B6: 0.11mg (5.39%), Vitamin B3: 1.08mg (5.38%), Iron: 0.97mg (5.37%), Potassium: 157.8mg (4.51%), Vitamin A: 208.29IU (4.17%), Vitamin B1: 0.06mg (4.02%), Vitamin B2: 0.06mg (3.59%), Folate: 14.14µg (3.53%), Vitamin C: 2.87mg (3.48%), Vitamin B5: 0.31mg (3.06%), Vitamin E: 0.26mg (1.71%), Vitamin B12: 0.08µg (1.25%)