



Lemon Parmesan Spaghetti

READY IN



45 min.

SERVINGS



4

CALORIES



489 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons parsley fresh chopped
- 4 servings pepper black to taste
- 3 tablespoons juice of lemon fresh
- 1 teaspoon lemon zest
- 0.3 cup parmesan cheese grated
- 8 ounce cream sour
- 8 ounces pasta like spaghetti
- 0.3 cup butter unsalted

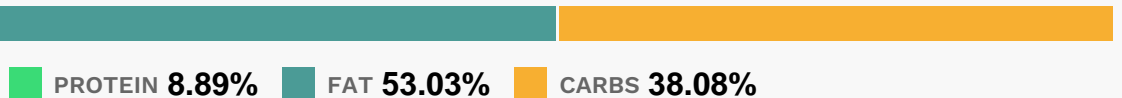
Equipment

- sauce pan
- oven
- casserole dish

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Cook spaghetti according to package directions until al dente.
- Drain and place spaghetti in a greased 1.5 quart casserole dish.
- Melt butter in medium saucepan over low heat.
- Remove from heat, and stir in sour cream, lemon peel, and lemon juice.
- Mix until smooth.
- Pour mixture over spaghetti in casserole dish.
- Mix well
- Bake 15 to 20 minutes in the preheated oven, or until heated through.
- Remove from oven, and add grated Parmesan cheese and parsley. Season with salt and freshly ground pepper to taste.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:17.06, Inflammation Score:-7, Nutrition Score:12.964347891186%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

0.04mg, Kaempferol: 0.04mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg
Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 488.6kcal (24.43%), Fat: 29g (44.62%), Saturated Fat: 16.58g (103.62%), Carbohydrates: 46.86g (15.62%),
Net Carbohydrates: 44.83g (16.3%), Sugar: 3.79g (4.22%), Cholesterol: 79.56mg (26.52%), Sodium: 134.28mg
(5.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.93g (21.87%), Selenium: 40.33µg (57.62%), Vitamin
K: 51.7µg (49.24%), Manganese: 0.55mg (27.56%), Vitamin A: 1134.22IU (22.68%), Phosphorus: 197.28mg (19.73%),
Calcium: 134.89mg (13.49%), Vitamin C: 9.5mg (11.51%), Magnesium: 40.71mg (10.18%), Vitamin B2: 0.16mg (9.56%),
Copper: 0.19mg (9.38%), Zinc: 1.31mg (8.76%), Fiber: 2.03g (8.1%), Potassium: 243.69mg (6.96%), Vitamin B6:
0.12mg (5.92%), Iron: 1.02mg (5.65%), Vitamin B3: 1.08mg (5.41%), Folate: 21.44µg (5.36%), Vitamin E: 0.79mg
(5.27%), Vitamin B5: 0.51mg (5.06%), Vitamin B1: 0.07mg (4.71%), Vitamin B12: 0.24µg (3.93%), Vitamin D: 0.31µg
(2.1%)