



Lemon Spaghetti

READY IN



45 min.

SERVINGS



6

CALORIES



125 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons capers
- 1 teaspoon thyme leaves fresh
- 2 tablespoons juice of lemon fresh
- 1 teaspoon lemon rind fresh grated
- 2 teaspoons olive oil
- 2 tablespoons parmesan cheese fresh divided grated
- 0.3 teaspoon salt
- 6 ounces pasta like spaghetti uncooked

Equipment

bowl

Directions

- Cook pasta according to package directions, omitting salt and fat.
- While pasta cooks, combine thyme and next 6 ingredients in a large bowl.
- Drain pasta, reserving 2 tablespoons pasta water.
- Add pasta, reserved pasta water, and 1 tablespoon cheese to lemon mixture in bowl; toss well.
- Sprinkle with remaining 1 tablespoon cheese.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:8.55, Inflammation Score:-4, Nutrition Score:3.8591303992207%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 125.45kcal (6.27%), Fat: 2.22g (3.41%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 21.79g (7.26%), Net Carbohydrates: 20.74g (7.54%), Sugar: 0.91g (1.01%), Cholesterol: 1.13mg (0.38%), Sodium: 143.9mg (6.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.72%), Selenium: 18.31µg (26.16%), Manganese: 0.28mg (13.9%), Phosphorus: 66.14mg (6.61%), Copper: 0.09mg (4.45%), Magnesium: 17.01mg (4.25%), Fiber: 1.05g (4.19%), Vitamin C: 2.93mg (3.55%), Zinc: 0.46mg (3.06%), Calcium: 28.49mg (2.85%), Iron: 0.47mg (2.64%), Vitamin B3: 0.5mg (2.52%), Vitamin B6: 0.05mg (2.31%), Potassium: 73.87mg (2.11%), Vitamin B1: 0.03mg (1.86%), Folate: 6.58µg (1.65%), Vitamin E: 0.24mg (1.61%), Vitamin B2: 0.03mg (1.54%), Vitamin B5: 0.14mg (1.4%), Vitamin K: 1.16µg (1.1%)