



## Linguine with Garlic-and-Red Pepper Oil

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



297 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 cups pasta hot cooked uncooked (1 pound pasta)
- 0.5 teaspoon pepper red crushed
- 0.5 cup parsley fresh chopped
- 4 large garlic cloves minced
- 3 tablespoons olive oil
- 0.5 teaspoon pepper
- 1 teaspoon salt

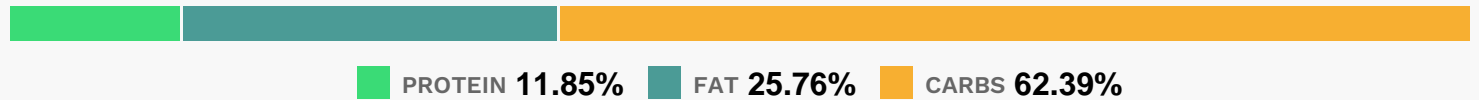
### Equipment

frying pan

## Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add red pepper, and cook 2 minutes.
- Add garlic; saut 30 seconds or until garlic is lightly browned.
- Remove from heat; stir in the remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:23.75, Glycemic Load:20.69, Inflammation Score:-5, Nutrition Score:11.748695632686%

## Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 296.65kcal (14.83%), Fat: 8.43g (12.96%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 45.91g (15.3%), Net Carbohydrates: 43g (15.64%), Sugar: 0.89g (0.99%), Cholesterol: 0mg (0%), Sodium: 395.08mg (17.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.73g (17.45%), Vitamin K: 86.7µg (82.57%), Selenium: 38.61µg (55.16%), Manganese: 0.53mg (26.67%), Iron: 2.29mg (12.71%), Fiber: 2.92g (11.67%), Vitamin A: 471.71IU (9.43%), Phosphorus: 90.82mg (9.08%), Vitamin C: 7.28mg (8.82%), Copper: 0.16mg (8.13%), Vitamin E: 1.2mg (8%), Magnesium: 29.64mg (7.41%), Zinc: 0.83mg (5.51%), Vitamin B6: 0.1mg (5.22%), Folate: 17.89µg (4.47%), Vitamin B3: 0.68mg (3.4%), Potassium: 105.14mg (3%), Vitamin B1: 0.04mg (2.53%), Vitamin B2: 0.04mg (2.23%), Calcium: 22.27mg (2.23%), Vitamin B5: 0.2mg (1.98%)