



Onion Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



255 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 tablespoons butter
- 1 tablespoon chicken bouillon
- 1 pound noodles uncooked cooked
- 1 teaspoon basil dried
- 1 pinch pepper black
- 0.5 cup olive oil
- 5 onion thinly sliced
- 1 cup water

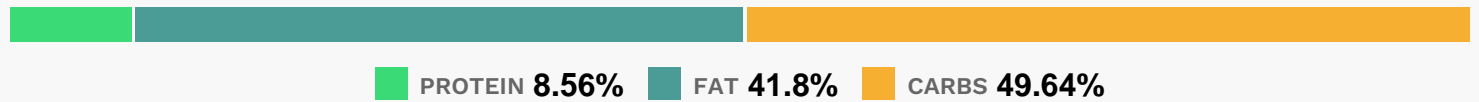
Equipment

frying pan

Directions

- In a large skillet place oil, butter and onions and cook until golden brown.
- Add basil, pepper, water and bouillon and cook on low heat for 10 minutes.
- Add onion mixture to cooked pasta, sprinkle with cheese, toss and serve.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:12.55, Inflammation Score:-5, Nutrition Score:6.4304347867551%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 18.61mg, Quercetin: 18.61mg, Quercetin: 18.61mg, Quercetin: 18.61mg

Nutrients (% of daily need)

Calories: 255.39kcal (12.77%), Fat: 11.98g (18.43%), Saturated Fat: 5.47g (34.19%), Carbohydrates: 31.99g (10.66%), Net Carbohydrates: 29.01g (10.55%), Sugar: 4.33g (4.81%), Cholesterol: 20.07mg (6.69%), Sodium: 76.49mg (3.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.04%), Selenium: 20.53µg (29.33%), Manganese: 0.38mg (19.01%), Fiber: 2.99g (11.94%), Vitamin C: 6.78mg (8.22%), Vitamin B6: 0.15mg (7.48%), Iron: 1.33mg (7.41%), Phosphorus: 73.23mg (7.32%), Magnesium: 24.62mg (6.15%), Copper: 0.12mg (6.08%), Folate: 23.53µg (5.88%), Vitamin K: 6.07µg (5.78%), Vitamin E: 0.82mg (5.45%), Potassium: 174.13mg (4.98%), Vitamin A: 236.4IU (4.73%), Vitamin B1: 0.06mg (3.86%), Zinc: 0.57mg (3.77%), Calcium: 33.79mg (3.38%), Vitamin B2: 0.05mg (2.66%), Vitamin B3: 0.42mg (2.11%), Vitamin B5: 0.21mg (2.1%)