

Parmesan Noodles

READY IN



20 min.

SERVINGS



4

CALORIES



296 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 2 tablespoons parsley fresh minced
- 0.3 teaspoon garlic powder
- 0.3 cup parmesan cheese grated
- 8 ounces extra wide egg noodles

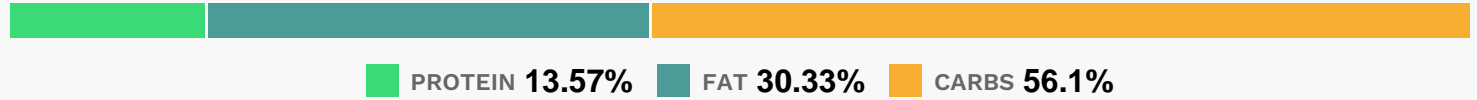
Equipment

- bowl

Directions

- Cook noodles according to package directions; drain.
- Place in a bowl. Immediately add remaining ingredients and toss well.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:16.98, Inflammation Score:-4, Nutrition Score:10.932608879131%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 295.57kcal (14.78%), Fat: 9.96g (15.33%), Saturated Fat: 5.24g (32.74%), Carbohydrates: 41.45g (13.82%), Net Carbohydrates: 39.5g (14.36%), Sugar: 1.1g (1.22%), Cholesterol: 68.11mg (22.7%), Sodium: 167.52mg (7.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.06%), Selenium: 46.98µg (67.12%), Vitamin K: 33.68µg (32.08%), Manganese: 0.5mg (24.76%), Phosphorus: 179.89mg (17.99%), Zinc: 1.39mg (9.28%), Magnesium: 36.36mg (9.09%), Copper: 0.17mg (8.74%), Vitamin A: 432.63IU (8.65%), Calcium: 79.68mg (7.97%), Fiber: 1.95g (7.82%), Iron: 1.24mg (6.9%), Vitamin B1: 0.1mg (6.73%), Vitamin B6: 0.13mg (6.63%), Vitamin B3: 1.23mg (6.13%), Vitamin B5: 0.55mg (5.55%), Folate: 20.16µg (5.04%), Potassium: 164.84mg (4.71%), Vitamin B2: 0.08mg (4.54%), Vitamin B12: 0.26µg (4.35%), Vitamin C: 2.66mg (3.23%), Vitamin E: 0.42mg (2.8%), Vitamin D: 0.2µg (1.34%)