



Parsley-Buttered Pasta

READY IN



13 min.

SERVINGS



4

CALORIES



267 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces angel hair pasta
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 1 tablespoon butter light
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce bread light whole wheat

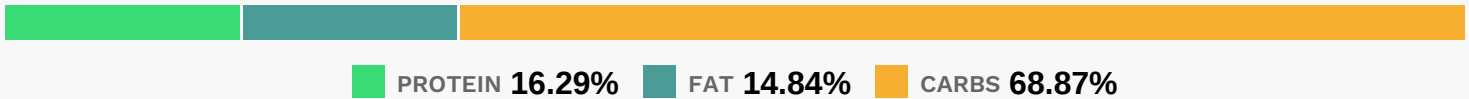
Equipment

- ☐ food processor

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ While pasta cooks, place bread in a food processor; pulse 10 times or until coarse crumbs measure 1/2 cup.
- ☐ Combine cooked pasta, breadcrumbs, butter, parsley, salt, and pepper; toss gently.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.92, Glycemic Load:23.18, Inflammation Score:-4, Nutrition Score:12.379565078927%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 266.83kcal (13.34%), Fat: 4.37g (6.73%), Saturated Fat: 1.7g (10.6%), Carbohydrates: 45.65g (15.22%), Net Carbohydrates: 41.32g (15.03%), Sugar: 3.26g (3.62%), Cholesterol: 3.71mg (1.24%), Sodium: 403.49mg (17.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.79g (21.59%), Manganese: 1.48mg (73.95%), Selenium: 32.58µg (46.55%), Phosphorus: 175.1mg (17.51%), Fiber: 4.33g (17.31%), Vitamin B1: 0.25mg (16.51%), Vitamin B3: 3mg (14.98%), Magnesium: 58.99mg (14.75%), Copper: 0.21mg (10.55%), Iron: 1.87mg (10.38%), Calcium: 100.49mg (10.05%), Zinc: 1.41mg (9.39%), Vitamin B6: 0.16mg (8.17%), Folate: 29.04µg (7.26%), Vitamin B2: 0.11mg (6.69%), Potassium: 208.59mg (5.96%), Vitamin K: 5.54µg (5.28%), Vitamin B5: 0.51mg (5.12%), Vitamin E: 0.39mg (2.62%), Vitamin A: 65.68IU (1.31%)