



Parsleyed Noodles

 Vegetarian  Gluten Free  Low Fod Map

READY IN



20 min.

SERVINGS



3

CALORIES



433 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 2 tablespoons parsley fresh chopped
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 12 oz no yolks noodles

Equipment

- bowl
- microwave

measuring cup

Directions

Cook 1/2 (12-oz.) package NO YOLKS Noodles according to package directions. Microwave 2 Tbsp. butter in a microwave-safe bowl or 2-cup liquid measuring cup at HIGH 30 seconds or until melted. Stir in 2 Tbsp. fresh chopped parsley, 1/4 tsp. salt, and 1/8 tsp. pepper. Stir butter mixture into cooked noodles.

Nutrition Facts

 **PROTEIN 16.98%**  **FAT 79.01%**  **CARBS 4.01%**

Properties

Glycemic Index:38, Glycemic Load:0.04, Inflammation Score:-6, Nutrition Score:23.294782520636%

Flavonoids

Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 433.23kcal (21.66%), Fat: 37.64g (57.91%), Saturated Fat: 15.63g (97.7%), Carbohydrates: 4.3g (1.43%), Net Carbohydrates: 4.19g (1.52%), Sugar: 0.66g (0.74%), Cholesterol: 1244.77mg (414.92%), Sodium: 309.74mg (13.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.2g (36.39%), Selenium: 63.6µg (90.86%), Phosphorus: 446.17mg (44.62%), Vitamin K: 45.32µg (43.16%), Folate: 169.91µg (42.48%), Vitamin A: 2093.54IU (41.87%), Vitamin D: 6.12µg (40.82%), Vitamin B12: 2.23µg (37.12%), Vitamin B2: 0.6mg (35.57%), Vitamin B5: 3.41mg (34.13%), Vitamin E: 3.16mg (21.09%), Vitamin B6: 0.4mg (19.99%), Iron: 3.27mg (18.18%), Zinc: 2.65mg (17.64%), Calcium: 152.69mg (15.27%), Vitamin B1: 0.2mg (13.5%), Copper: 0.09mg (4.63%), Vitamin C: 3.55mg (4.3%), Potassium: 141.76mg (4.05%), Manganese: 0.08mg (3.89%), Magnesium: 7.34mg (1.83%)