



Pasta Hot! Hot! Hot!

READY IN



30 min.

SERVINGS



4

CALORIES



570 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper red crushed
- 3 cloves garlic chopped
- 0.3 cup olive oil
- 0.3 cup parmesan cheese grated
- 16 ounce pasta like spaghetti

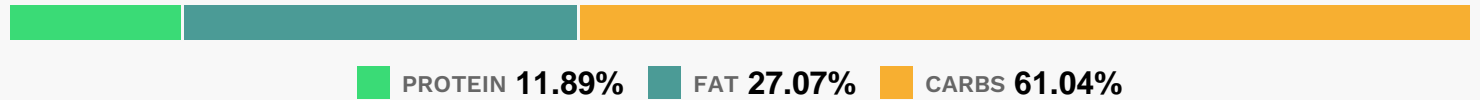
Equipment

- sauce pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- In a small saucepan over low heat place olive oil, garlic and peppers and simmer.
- Pour olive oil mixture over cooked pasta and serve with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:34.25, Inflammation Score:-4, Nutrition Score:14.66739121533%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 570.42kcal (28.52%), Fat: 17.01g (26.17%), Saturated Fat: 3.15g (19.71%), Carbohydrates: 86.32g (28.77%), Net Carbohydrates: 82.56g (30.02%), Sugar: 3.07g (3.41%), Cholesterol: 5.44mg (1.81%), Sodium: 120.93mg (5.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.81g (33.63%), Selenium: 74.23µg (106.04%), Manganese: 1.09mg (54.35%), Phosphorus: 258.14mg (25.81%), Copper: 0.34mg (16.97%), Magnesium: 63.22mg (15.81%), Fiber: 3.76g (15.05%), Vitamin E: 2.2mg (14.65%), Zinc: 1.91mg (12.71%), Vitamin B6: 0.2mg (9.96%), Vitamin B3: 1.98mg (9.89%), Iron: 1.66mg (9.22%), Calcium: 84.1mg (8.41%), Vitamin K: 8.65µg (8.24%), Potassium: 278.41mg (7.95%), Vitamin B1: 0.11mg (7.26%), Vitamin B2: 0.09mg (5.55%), Vitamin B5: 0.52mg (5.25%), Folate: 20.92µg (5.23%), Vitamin A: 128.39IU (2.57%), Vitamin B12: 0.08µg (1.41%)