



## Pasta With Fresh Garlic Oil

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



137 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 teaspoon basil dried
- 2 tablespoons parsley fresh chopped
- 1 garlic clove minced
- 2 teaspoons juice of lemon
- 1 tablespoon olive oil extra-virgin
- 0.1 teaspoon pepper freshly ground
- 4 ounces vermicelli uncooked
- 0.5 teaspoon salt

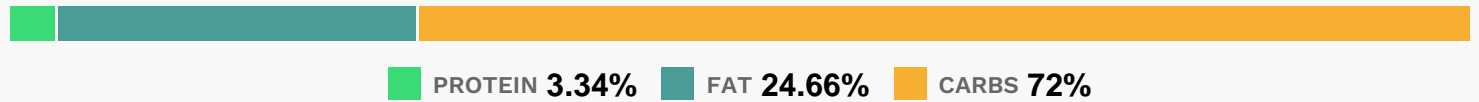
# Equipment

bowl

# Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain; set aside, and keep warm.
- Combine olive oil and next 5 ingredients in a small bowl.
- Combine pasta, oil mixture, and parsley, tossing well.

# Nutrition Facts



# Properties

Glycemic Index:38, Glycemic Load:13.52, Inflammation Score:-2, Nutrition Score:3.6139131214308%

# Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

# Nutrients (% of daily need)

Calories: 136.97kcal (6.85%), Fat: 3.69g (5.68%), Saturated Fat: 0.53g (3.34%), Carbohydrates: 24.25g (8.08%), Net Carbohydrates: 23.64g (8.6%), Sugar: 0.09g (0.1%), Cholesterol: 0mg (0%), Sodium: 343.73mg (14.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.25%), Vitamin K: 37.17µg (35.4%), Manganese: 0.18mg (8.91%), Selenium: 4.4µg (6.28%), Vitamin C: 3.86mg (4.68%), Phosphorus: 46.32mg (4.63%), Vitamin E: 0.54mg (3.58%), Vitamin A: 169.97IU (3.4%), Iron: 0.48mg (2.65%), Fiber: 0.61g (2.42%), Zinc: 0.25mg (1.68%), Copper: 0.03mg (1.57%), Magnesium: 5.74mg (1.44%), Calcium: 12.66mg (1.27%), Folate: 4.81µg (1.2%)