



Pasta with Garlic Nuts

READY IN



10 min.

SERVINGS



8

CALORIES



425 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 ounces soup noodles hot cooked
- 8 servings garlicky nuts mixed
- 2 tablespoons olive oil
- 8 servings parmesan cheese grated

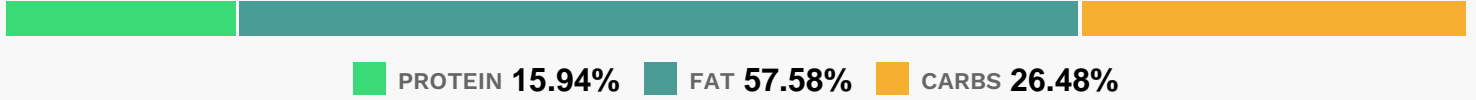
Equipment

- frying pan

Directions

- Cook Garlicky
- Mixed Nuts in hot olive oil in a medium skillet over medium heat 1 to 2 minutes or until fragrant. Toss with hot cooked pasta.
- Serve immediately with grated Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:9.77, Glycemic Load:9.45, Inflammation Score:-5, Nutrition Score:12.958695770606%

Nutrients (% of daily need)

Calories: 425.02kcal (21.25%), Fat: 27.86g (42.87%), Saturated Fat: 7.3g (45.64%), Carbohydrates: 28.82g (9.61%), Net Carbohydrates: 25.1g (9.13%), Sugar: 0.34g (0.38%), Cholesterol: 26.1mg (8.7%), Sodium: 529.24mg (23.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.36g (34.72%), Manganese: 0.79mg (39.46%), Selenium: 25.47µg (36.38%), Phosphorus: 353.59mg (35.36%), Calcium: 290.2mg (29.02%), Copper: 0.45mg (22.62%), Magnesium: 88.21mg (22.05%), Zinc: 2.73mg (18.19%), Fiber: 3.72g (14.88%), Iron: 1.99mg (11.06%), Vitamin B2: 0.17mg (10.28%), Vitamin B3: 1.66mg (8.3%), Potassium: 259.28mg (7.41%), Vitamin B6: 0.14mg (7.04%), Vitamin B12: 0.41µg (6.75%), Vitamin B1: 0.08mg (5.3%), Vitamin A: 264IU (5.28%), Vitamin B5: 0.52mg (5.23%), Folate: 20.77µg (5.19%), Vitamin E: 0.69mg (4.61%), Vitamin K: 2.62µg (2.49%)