



Pasta with Yogurt Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



313 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 16 ounce soup noodles
- ☐ 3 tablespoons pinenuts
- ☐ 2 cups yogurt plain
- ☐ 1 teaspoon salt

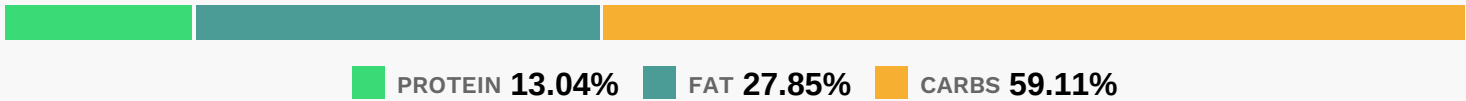
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ mortar and pestle

Directions

- ☐ Cook the pasta in a large pot of boiling salted water until al dente.
- ☐ Using a mortar and pestle, mash the salt and garlic cloves together into a paste. Warm the yogurt slightly in a sauce pan.
- ☐ Remove a small amount of warmed yogurt from the pan, and stir together with the garlic paste. Stir this mixture into the remaining yogurt
- ☐ Drain the pasta, and rinse in cold water.
- ☐ Place in a casserole or deep serving dish, toss with 1 tablespoon butter or margarine. Toss with half of the garlic-yogurt sauce.
- ☐ Spread the remaining sauce over the pasta.
- ☐ Garnish with the parsley.
- ☐ For a very special dish, brown the pine nuts in 2 tablespoons butter or margarine.
- ☐ Pour over the parsley.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.88, Glycemic Load:17.71, Inflammation Score:-4, Nutrition Score:10.856087079515%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 313.19kcal (15.66%), Fat: 9.68g (14.9%), Saturated Fat: 4.33g (27.04%), Carbohydrates: 46.25g (15.42%), Net Carbohydrates: 44.23g (16.08%), Sugar: 4.53g (5.03%), Cholesterol: 19.25mg (6.42%), Sodium: 356.91mg (15.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.2g (20.4%), Selenium: 37.47µg (53.54%), Manganese: 0.88mg (43.99%), Phosphorus: 191.05mg (19.1%), Vitamin K: 18.99µg (18.09%), Magnesium: 47.8mg (11.95%), Copper: 0.23mg (11.25%), Zinc: 1.44mg (9.58%), Calcium: 92.15mg (9.22%), Fiber: 2.02g (8.07%), Vitamin B2: 0.13mg (7.88%), Potassium: 256.64mg (7.33%), Vitamin B6: 0.12mg (6.16%), Vitamin B3: 1.2mg (6%), Iron: 1.07mg (5.92%), Vitamin B1: 0.09mg (5.77%), Vitamin A: 277.3IU (5.55%), Vitamin B5: 0.51mg (5.13%), Folate: 17.49µg (4.37%), Vitamin B12: 0.24µg (3.93%), Vitamin E: 0.58mg (3.86%), Vitamin C: 2.13mg (2.59%)