



Poor Mamma's Spaghetti

 Vegetarian  Vegan  Dairy Free

READY IN

ready

20 min.

SERVINGS

servings

4

CALORIES

calories

372 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings pepper black freshly ground to taste
- ☐ 1 clove garlic peeled
- ☐ 3 tablespoons olive oil
- ☐ 8 ounce pasta like spaghetti uncooked
- ☐ 4 slices bread white trimmed

Equipment

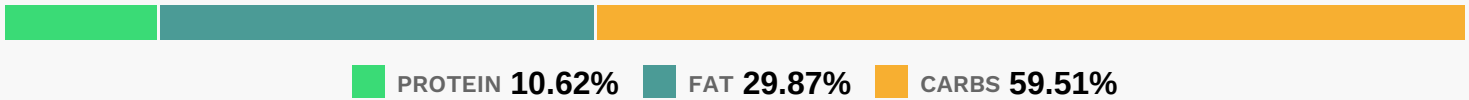
- ☐ frying pan
- ☐ paper towels

☐ pot

Directions

- ☐ Pour the olive oil into a skillet and set over medium heat.
- ☐ Add the garlic clove, and cook until the clove is browned.
- ☐ Remove the garlic from the oil, and finely crumble the slices of bread into the skillet. Cook until nicely toasted, then scoop out the crumbs onto a paper towel. Reserve the oil.
- ☐ Meanwhile, bring a large pot of lightly salted water to a boil.
- ☐ Add the spaghetti, and cook for about 8 minutes, until tender.
- ☐ Drain.
- ☐ Mix the reserved oil into the spaghetti, then place onto serving plates.
- ☐ Sprinkle with bread crumbs and freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:44.69, Glycemic Load:25.87, Inflammation Score:-3, Nutrition Score:9.9573912848921%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 372.04kcal (18.6%), Fat: 12.26g (18.86%), Saturated Fat: 1.81g (11.33%), Carbohydrates: 54.95g (18.32%), Net Carbohydrates: 52.52g (19.1%), Sugar: 2.86g (3.17%), Cholesterol: 0mg (0%), Sodium: 123.01mg (5.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.81g (19.62%), Selenium: 41.75µg (59.64%), Manganese: 0.69mg (34.66%), Phosphorus: 136.72mg (13.67%), Vitamin B1: 0.18mg (11.96%), Vitamin E: 1.63mg (10.87%), Vitamin B3: 2.16mg (10.8%), Copper: 0.2mg (9.92%), Fiber: 2.43g (9.72%), Folate: 38µg (9.5%), Magnesium: 37.16mg (9.29%), Iron: 1.66mg (9.21%), Zinc: 1.03mg (6.86%), Calcium: 66.56mg (6.66%), Vitamin K: 6.6µg (6.29%), Vitamin B6: 0.11mg (5.66%), Vitamin B2: 0.09mg (5.59%), Potassium: 160.13mg (4.58%), Vitamin B5: 0.38mg (3.84%)