



Poppy Seed Spaghettini

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



305 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup butter melted
- 0.3 cup poppy seeds
- 8 ounces pasta like spaghetti

Equipment

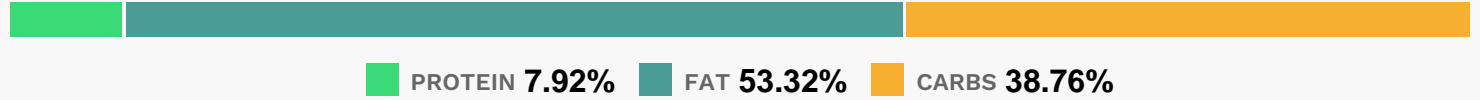
Directions

- Cook pasta according to package directions.

Drain.

Toss with melted butter and poppy seeds.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:11.38, Inflammation Score:-4, Nutrition Score:7.5152173926649%

Nutrients (% of daily need)

Calories: 305.03kcal (15.25%), Fat: 18.22g (28.03%), Saturated Fat: 10.08g (62.99%), Carbohydrates: 29.8g (9.93%), Net Carbohydrates: 27.51g (10%), Sugar: 1.19g (1.32%), Cholesterol: 40.67mg (13.56%), Sodium: 125.35mg (5.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.18%), Manganese: 0.72mg (35.96%), Selenium: 24.83µg (35.47%), Phosphorus: 124.31mg (12.43%), Copper: 0.2mg (9.98%), Magnesium: 39.69mg (9.92%), Vitamin A: 472.73IU (9.45%), Calcium: 92.37mg (9.24%), Fiber: 2.29g (9.17%), Zinc: 0.99mg (6.59%), Iron: 1.04mg (5.76%), Vitamin B1: 0.08mg (5.49%), Vitamin E: 0.58mg (3.86%), Potassium: 128.78mg (3.68%), Vitamin B3: 0.7mg (3.5%), Vitamin B6: 0.07mg (3.4%), Folate: 11.93µg (2.98%), Vitamin B2: 0.03mg (2.04%), Vitamin B5: 0.2mg (2.02%), Vitamin K: 1.36µg (1.3%)