



Quick Mediterranean Pasta

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup breadcrumbs
- 1 teaspoon basil dried
- 1 tablespoon olive oil
- 1 teaspoon oregano dried
- 8 ounces pasta like spaghetti

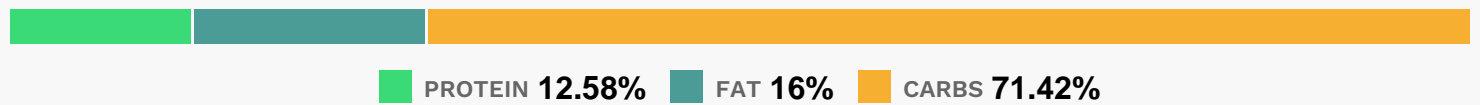
Equipment

- bowl
- pot

Directions

- In a large pot with boiling salted water cook spaghetti pasta until al dente. Rinse with cool water.
- Drain well.
- In a large bowl mix the bread crumbs, oregano, basil, and cooled pasta.
- Pour olive oil to your liking over the mixture.
- Serve salad cold.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:11.35, Inflammation Score:-4, Nutrition Score:5.6339129582857%

Nutrients (% of daily need)

Calories: 179.91kcal (9%), Fat: 3.16g (4.87%), Saturated Fat: 0.49g (3.06%), Carbohydrates: 31.77g (10.59%), Net Carbohydrates: 30.16g (10.97%), Sugar: 1.3g (1.45%), Cholesterol: 0mg (0%), Sodium: 35.46mg (1.54%), Alcohol: 0g (0%), Protein: 5.6g (11.2%), Selenium: 25.04µg (35.78%), Manganese: 0.42mg (21.05%), Phosphorus: 79.82mg (7.98%), Fiber: 1.62g (6.47%), Vitamin K: 6.67µg (6.35%), Copper: 0.13mg (6.32%), Magnesium: 24.05mg (6.01%), Iron: 0.99mg (5.52%), Vitamin B1: 0.08mg (5.22%), Vitamin B3: 0.96mg (4.82%), Zinc: 0.62mg (4.13%), Vitamin B6: 0.06mg (3.24%), Folate: 12.93µg (3.23%), Vitamin E: 0.46mg (3.07%), Potassium: 101.72mg (2.91%), Vitamin B2: 0.04mg (2.62%), Calcium: 25.25mg (2.53%), Vitamin B5: 0.19mg (1.92%)