



HEALTH SCORE

57%

Spaghetti Aglio e Olio

READY IN



32 min.

SERVINGS



2

CALORIES



1150 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 cloves garlic thinly sliced
- ☐ 0.5 cup olive oil
- ☐ 1 cup parmigiano-reggiano cheese finely grated
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 0.3 teaspoon pepper flakes red to taste
- ☐ 2 servings salt and pepper black freshly ground to taste
- ☐ 1 pound pasta like spaghetti uncooked

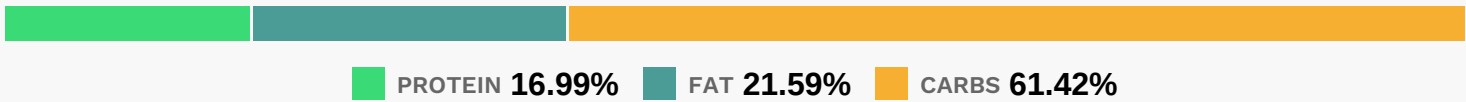
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally until cooked through but firm to the bite, about 12 minutes.
- ☐ Drain and transfer to a pasta bowl.
- ☐ Combine garlic and olive oil in a cold skillet. Cook over medium heat to slowly toast garlic, about 10 minutes. Reduce heat to medium-low when olive oil begins to bubble. Cook and stir until garlic is golden brown, about another 5 minutes.
- ☐ Remove from heat.
- ☐ Stir red pepper flakes, black pepper, and salt into the pasta.
- ☐ Pour in olive oil and garlic, and sprinkle on Italian parsley and half of the Parmigiano-Reggiano cheese; stir until combined.
- ☐ Serve pasta topped with the remaining Parmigiano-Reggiano cheese.

Nutrition Facts



Properties

Glycemic Index:81.5, Glycemic Load:69.44, Inflammation Score:-9, Nutrition Score:34.516956407091%

Flavonoids

Apigenin: 16.21mg, Apigenin: 16.21mg, Apigenin: 16.21mg, Apigenin: 16.21mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 1149.95kcal (57.5%), Fat: 27.28g (41.97%), Saturated Fat: 10.35g (64.68%), Carbohydrates: 174.6g (58.2%), Net Carbohydrates: 166.79g (60.65%), Sugar: 6.63g (7.36%), Cholesterol: 34mg (11.33%), Sodium: 824.67mg (35.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.29g (96.58%), Selenium: 155.93µg (222.75%), Vitamin K: 131.16µg (124.91%), Manganese: 2.27mg (113.46%), Phosphorus: 794.67mg (79.47%), Calcium: 667.64mg

(66.76%), Magnesium: 148.75mg (37.19%), Copper: 0.71mg (35.67%), Zinc: 4.77mg (31.8%), Fiber: 7.81g (31.23%), Vitamin B6: 0.49mg (24.57%), Iron: 4.09mg (22.72%), Vitamin A: 1097.78IU (21.96%), Vitamin B3: 4.18mg (20.91%), Vitamin B2: 0.32mg (18.93%), Potassium: 635.71mg (18.16%), Vitamin B1: 0.25mg (16.59%), Vitamin C: 12.78mg (15.5%), Folate: 56.08µg (14.02%), Vitamin E: 2.07mg (13.83%), Vitamin B5: 1.29mg (12.91%), Vitamin B12: 0.6µg (10%), Vitamin D: 0.25µg (1.67%)