

Spaghetti Aglio e Olio



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



279 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons parsley fresh minced
- ☐ 4 large garlic cloves minced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon oregano dried
- ☐ 8 ounces pasta like spaghetti uncooked
- ☐ 4 quarts water

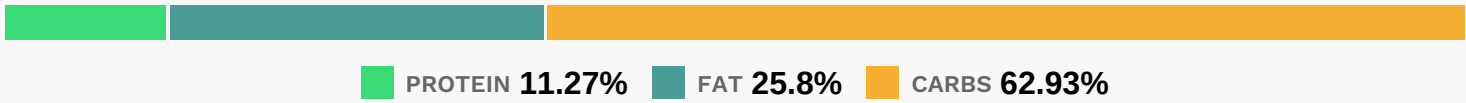
Equipment

- ☐ bowl
- ☐ pot
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Combine the olive oil, oregano, and minced garlic in a small microwave–safe bowl. Cover with wax paper, and microwave at HIGH for 1 minute.
- ☐ Bring water to a boil in a large stockpot.
- ☐ Add spaghetti; return to a boil. Cook, uncovered, 10 minutes or until al dente, stirring occasionally.
- ☐ Drain. Return to pot. Stir in the garlic mixture and broth. Cook over medium heat 4 minutes or until broth is absorbed, stirring constantly. Stir in parsley.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:17.32, Inflammation Score:-5, Nutrition Score:9.917391328708%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 278.89kcal (13.94%), Fat: 7.94g (12.22%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 43.58g (14.53%), Net Carbohydrates: 41.59g (15.12%), Sugar: 1.61g (1.79%), Cholesterol: 0mg (0%), Sodium: 168.57mg (7.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.62%), Selenium: 36.89µg (52.7%), Vitamin K: 37.9µg (36.09%), Manganese: 0.58mg (29.13%), Copper: 0.33mg (16.67%), Phosphorus: 116.22mg (11.62%), Magnesium: 41.89mg (10.47%), Fiber: 2g (7.99%), Vitamin E: 1.11mg (7.4%), Zinc: 0.96mg (6.4%), Vitamin B6: 0.12mg (6.24%), Vitamin B3: 1.18mg (5.88%), Iron: 1.04mg (5.76%), Calcium: 51.69mg (5.17%), Potassium: 159.71mg (4.56%), Vitamin C: 3.6mg (4.36%), Vitamin B1: 0.06mg (4.06%), Folate: 13.92µg (3.48%), Vitamin A: 170.88IU (3.42%), Vitamin B5: 0.31mg (3.05%), Vitamin B2: 0.05mg (2.7%)