

DELICIOUS,  
EASY RECIPES  
CELEBRATING  
FAMILY &  
TOGETHERNESS

foreword by

## Spaghetti Limone Parmeggiano

READY IN



15 min.

SERVINGS



4

CALORIES



548 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 Handful basil fresh (from 4 leafy stems)
- 0.5 teaspoon pepper black freshly ground
- 4 servings coarse salt
- 2.5 tablespoons olive oil extra virgin
- 1 optional: lemon
- 1.5 cups parmesan fresh finely grated
- 3 tablespoons water thin
- 0.8 pound pasta like spaghetti ( )

## Equipment

- bowl
- mixing bowl
- sieve
- grater
- microplane

## Directions

- Boil the spaghetti in salted boiling water, according to the package directions.
- Meanwhile, using a Microplane, grate the zest from the lemon into a large mixing bowl.
- Cut the lemon in half and squeeze the juice into the bowl (I like to use the grater as a strainer—one less thing to clean).
- Add the 1 1/2 cups Parmesan, pepper, and a pinch of salt, and mix in the olive oil to form a wet paste.
- When the spaghetti is perfectly cooked, add 2 or 3 tablespoons of the cooking water to the lemon and cheese mixture.
- Add the spaghetti to the bowl and toss thoroughly, adding another tablespoon or 2 of pasta water if necessary so that the sauce coats each strand. Roughly tear in the basil leaves.
- Serve each portion with a sprinkle of coarse salt, a fresh grind of black pepper, and a few gratings of extra Parmesan.
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## Nutrition Facts



**PROTEIN 18.15%** **FAT 32.58%** **CARBS 49.27%**

## Properties

Glycemic Index:49.13, Glycemic Load:26.34, Inflammation Score:-5, Nutrition Score:17.073913055917%

## Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## **Nutrients (% of daily need)**

Calories: 548.45kcal (27.42%), Fat: 19.81g (30.48%), Saturated Fat: 7.61g (47.57%), Carbohydrates: 67.4g (22.47%), Net Carbohydrates: 63.85g (23.22%), Sugar: 3.25g (3.61%), Cholesterol: 25.5mg (8.5%), Sodium: 800.99mg (34.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.84g (49.67%), Selenium: 62.31µg (89.01%), Calcium: 471.42mg (47.14%), Phosphorus: 425.99mg (42.6%), Manganese: 0.83mg (41.68%), Vitamin C: 14.4mg (17.45%), Magnesium: 64.6mg (16.15%), Zinc: 2.26mg (15.04%), Fiber: 3.55g (14.2%), Copper: 0.28mg (13.75%), Vitamin B2: 0.18mg (10.69%), Vitamin E: 1.48mg (9.89%), Iron: 1.67mg (9.26%), Vitamin B6: 0.18mg (8.9%), Vitamin K: 8.47µg (8.07%), Vitamin B3: 1.58mg (7.91%), Potassium: 266.34mg (7.61%), Vitamin B12: 0.45µg (7.5%), Vitamin B1: 0.1mg (6.83%), Vitamin A: 326.56IU (6.53%), Vitamin B5: 0.59mg (5.92%), Folate: 21.29µg (5.32%), Vitamin D: 0.19µg (1.25%)