



Spaghetti with a Twist

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



213 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cube beef bouillon from cube
- 3 cloves garlic minced
- 8 servings ground pepper black to taste
- 8 servings salt to taste
- 3 dashes soya sauce
- 1 pound pasta like spaghetti
- 1 cup water

Equipment

frying pan

pot

Directions

In a large pot with boiling salted water cook spaghetti until al dente.

Drain well.

Meanwhile, in a large skillet cook the garlic until brown, add one bouillon cube and one cup of water and stir until bouillon cube is dissolved. Once dissolved, add 3 dashes of soy sauce.

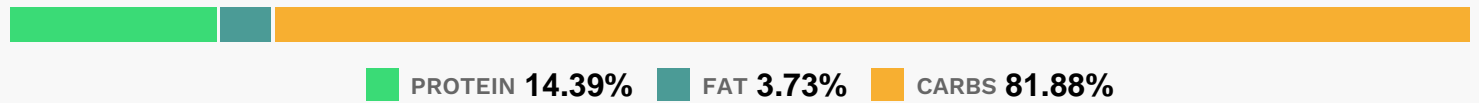
In a covered container add one half of the sauce to the drained and cooked spaghetti.

Add salt and pepper and shake container vigorously. If desired, add more of the sauce to taste.

Allow mixture to stand to intensify flavors.

Serve.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:17.14, Inflammation Score:-2, Nutrition Score:6.5569564727661%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 212.54kcal (10.63%), Fat: 0.87g (1.33%), Saturated Fat: 0.16g (1%), Carbohydrates: 42.79g (14.26%), Net Carbohydrates: 40.93g (14.88%), Sugar: 1.53g (1.7%), Cholesterol: 0mg (0%), Sodium: 221.69mg (9.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.04%), Selenium: 36.01µg (51.44%), Manganese: 0.55mg (27.7%), Phosphorus: 109.59mg (10.96%), Copper: 0.17mg (8.7%), Magnesium: 30.96mg (7.74%), Fiber: 1.87g (7.47%), Zinc: 0.82mg (5.46%), Vitamin B3: 0.99mg (4.96%), Vitamin B6: 0.1mg (4.78%), Iron: 0.78mg (4.32%), Potassium: 133.38mg (3.81%), Vitamin B1: 0.05mg (3.57%), Folate: 10.33µg (2.58%), Vitamin B5: 0.25mg (2.54%), Vitamin B2: 0.04mg (2.12%), Calcium: 15.5mg (1.55%)