Spaghetti with a Twist

Vegetarian

READY IN	SERVINGS	CALORIES
36 min.	20	130 kcal

SIDE DISH | ANTIPASTI | STARTER | SNACK

Ingredients

- [ ] 1 pound angel hair pasta
- [ ] 2 tablespoons butter melted
- [ ] 2 tablespoons basil leaves fresh chopped
- [ ] 0.5 cup panko bread crumbs
- [ ] 26 ounce vodka pasta sauce
- [ ] 1 cup pepper jack cheese grated

Equipment

- [ ] frying pan

- [ ] baking sheet
- [ ] pot
- [ ] broiler

Directions

- [ ] Cook the pasta according to package directions until al dente.
- [ ] Heat the tomato sauce with the cheese in a pot until the cheese has melted. Toss the pasta and tomato sauce together with the basil.
- [ ] Mix the bread crumbs with the melted butter.
- [ ] Twirl small forkfuls of the pasta onto metal forks.
- [ ] Place them on a baking sheet and sprinkle some of the buttered bread crumbs onto each one.
- [ ] Put the pan under the broiler and broil for about 3 to 5 minutes, or until the bread crumbs are lightly browned. Make sure the handles of the forks are not directly under the heat source.
- [ ] Let cool for a minute and serve.

Nutrition Facts

PROTEIN **15.33%** FAT **23.32%** CARBS **61.35%**

Properties

Glycemic Index:11.7, Glycemic Load:7.45, Inflammation Score:-3, Nutrition Score:4.9456521706737%

Nutrients (% of daily need)

Calories: 130.07kcal (6.5%), Fat: 3.38g (5.2%), Saturated Fat: 1.89g (11.84%), Carbohydrates: 20.02g (6.67%), Net Carbohydrates: 18.67g (6.79%), Sugar: 2.04g (2.27%), Cholesterol: 8.04mg (2.68%), Sodium: 229.94mg (10%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Selenium: 15.77µg (22.52%), Manganese: 0.26mg (13.21%), Phosphorus: 80.82mg (8.08%), Copper: 0.11mg (5.72%), Calcium: 55.51mg (5.55%), Fiber: 1.35g (5.4%), Magnesium: 19.87mg (4.97%), Vitamin A: 248.56IU (4.97%), Potassium: 168.48mg (4.81%), Vitamin B3: 0.86mg (4.29%), Iron: 0.77mg (4.27%), Vitamin E: 0.61mg (4.04%), Zinc: 0.6mg (3.97%), Vitamin B2: 0.07mg (3.9%), Vitamin B6: 0.08mg (3.75%), Vitamin C: 2.62mg (3.17%), Vitamin B1: 0.04mg (2.98%), Folate: 10.2µg (2.55%), Vitamin B5: 0.23mg (2.34%), Vitamin K: 2.22µg (2.12%)