



Spaghetti with Garlic

READY IN



60 min.

SERVINGS



4

CALORIES



713 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup parsley fresh finely chopped
- ☐ 1.5 large heads cloves separated (30)
- ☐ 1.5 teaspoons lemon zest fresh finely grated
- ☐ 5.5 tablespoons olive oil extra virgin extra-virgin
- ☐ 4 servings parmesan finely grated
- ☐ 0.3 teaspoon pepper dried red hot
- ☐ 0.3 teaspoon salt
- ☐ 1 lb pasta like spaghetti

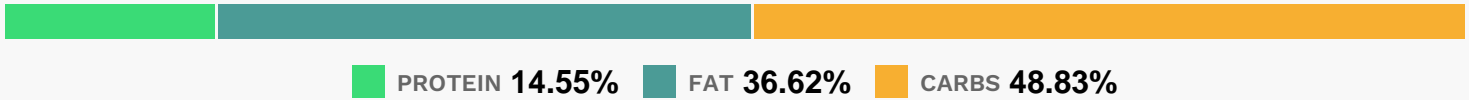
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Peel garlic without crushing cloves and thinly slice lengthwise as evenly as possible (you should have about 1 cup; peel and slice more if necessary). Cook garlic in 4 tablespoons (1/4 cup) oil in a 12-inch nonstick skillet over moderately low heat, stirring occasionally, until just golden, 7 to 10 minutes.
- ☐ Transfer garlic with a slotted spoon to a bowl. (Garlic will crisp as it cools.)
- ☐ Add hot pepper flakes to skillet and cook, stirring, 1 minute, then remove skillet from heat.
- ☐ Meanwhile, cook spaghetti in a 6- to 8-quart pot of boiling until al dente. Reserve 1 cup cooking water, then drain spaghetti in a colander. Stir zest and salt into oil in skillet, then add spaghetti, parsley, and 1/2 cup reserved cooking water. Toss over moderately high heat until combined well, 30 seconds to 1 minute, adding enough reserved cooking water to keep spaghetti moist.
- ☐ Add half of garlic and toss.
- ☐ Remove from heat and toss pasta with remaining 1 1/2 tablespoons oil and salt and pepper to taste.
- ☐ Transfer to a serving bowl and sprinkle with remaining garlic.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:34.37, Inflammation Score:-8, Nutrition Score:24.036521807961%

Flavonoids

Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 712.91kcal (35.65%), Fat: 28.84g (44.37%), Saturated Fat: 7.92g (49.51%), Carbohydrates: 86.54g (28.85%), Net Carbohydrates: 82.42g (29.97%), Sugar: 3.38g (3.76%), Cholesterol: 20.4mg (6.8%), Sodium: 640.47mg (27.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.79g (51.57%), Vitamin K: 135.88µg (129.41%), Selenium: 78.48µg (112.12%), Manganese: 1.29mg (64.29%), Phosphorus: 427.73mg (42.77%), Calcium: 393.43mg (39.34%), Vitamin E: 3.1mg (20.68%), Magnesium: 78.32mg (19.58%), Vitamin A: 904.14IU (18.08%), Copper: 0.35mg (17.6%), Zinc: 2.52mg (16.8%), Fiber: 4.13g (16.51%), Vitamin C: 10.94mg (13.27%), Iron: 2.37mg (13.15%), Vitamin B3: 2.13mg (10.65%), Vitamin B2: 0.18mg (10.45%), Vitamin B6: 0.2mg (10.02%), Potassium: 329.71mg (9.42%), Folate: 34.14µg (8.53%), Vitamin B1: 0.12mg (8.1%), Vitamin B5: 0.66mg (6.6%), Vitamin B12: 0.36µg (6%)