



Spaghetti with lemon & olives

READY IN



10 min.

SERVINGS



4

CALORIES



785 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 500 g pasta like spaghetti fresh
- ☐ 5 tbsp olive oil
- ☐ 50 g pine nut
- ☐ 5 fat garlic cloves peeled
- ☐ 1 pinch chilli flakes dried good
- ☐ 2 lemons
- ☐ 1 handful parsley
- ☐ 100 g olive green pitted chopped
- ☐ 5 tbsp parmesan fresh grated (or vegetarian alternative)

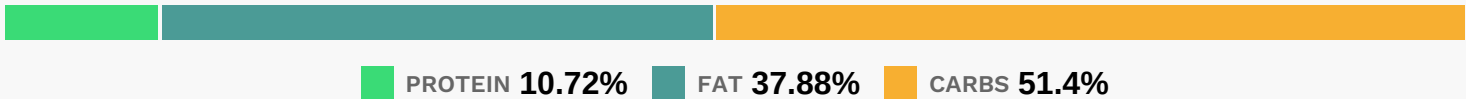
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Put a large pan of water on to the boil for the pasta. Meanwhile, put the oil and nuts in a small pan and warm over a low heat. Crush the garlic into the pan and sprinkle in the chilli. Continue warming until the nuts are lightly toasted, checking to make sure the garlic doesnt burn.
- ☐ Finely grate the zest from both lemons then cut one in half and squeeze out the juice. Roughly chop the parsley. Once the pasta water is boiling, add a generous amount of salt and the spaghetti and cook, according to packet instructions.
- ☐ Drain the spaghetti and tip into a serving bowl.
- ☐ Pour over the garlicky oil and toss well with the lemon zest and juice, parsley, olives, Parmesan and plenty of salt and pepper.
- ☐ Add more lemon juice to taste it should be fresh but not overly lemony.
- ☐ Serve with extra Parmesan.

Nutrition Facts



Properties

Glycemic Index:39.13, Glycemic Load:38.83, Inflammation Score:-7, Nutrition Score:24.366521708991%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 785kcal (39.25%), Fat: 33.57g (51.64%), Saturated Fat: 4.93g (30.83%), Carbohydrates: 102.49g (34.16%), Net Carbohydrates: 95.57g (34.75%), Sugar: 5.37g (5.97%), Cholesterol: 4.25mg (1.42%), Sodium: 500.91mg (21.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.37g (42.74%), Manganese: 2.33mg (116.43%), Selenium: 81.47µg (116.39%), Vitamin C: 31.22mg (37.84%), Phosphorus: 367.53mg (36.75%), Vitamin K: 34.34µg (32.71%), Vitamin E: 4.89mg (32.61%), Copper: 0.59mg (29.56%), Fiber: 6.92g (27.68%), Magnesium: 108.92mg (27.23%), Zinc: 2.84mg (18.92%), Iron: 3.04mg (16.9%), Vitamin B6: 0.29mg (14.69%), Vitamin B3: 2.85mg (14.23%), Calcium: 137.71mg (13.77%), Potassium: 465.39mg (13.3%), Vitamin B1: 0.2mg (13.05%), Folate: 35.52µg (8.88%), Vitamin B2: 0.14mg (8.35%), Vitamin B5: 0.74mg (7.41%), Vitamin A: 254.56IU (5.09%), Vitamin B12: 0.08µg (1.25%)