



Spaghetti with Spanish flavours

READY IN



10 min.

SERVINGS



4

CALORIES



435 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 80 g pack chorizo sausage sliced
- ☐ 300 g pasta like spaghetti fresh
- ☐ 20 g pack flatleaf parsley good (a handful)
- ☐ 2 peppers from a jar red in brine
- ☐ 2 tbsp olive oil
- ☐ 50 g parmesan fresh finely grated

Equipment

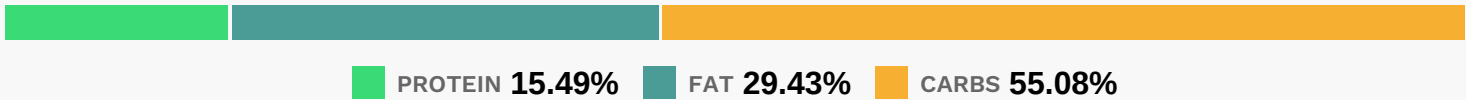
- ☐ frying pan

☐ kitchen scissors

Directions

- ☐ Put a pan of water on over a high heat to boil. Meanwhile, snip the chorizo into strips with scissors, and chop the parsley and peppers (check for stray seeds first).
- ☐ When the water is boiling briskly, add the spaghetti with a good measure of salt, stir and return to the boil. Cook for 3 minutes.
- ☐ In a large frying pan, heat the oil, add the chorizo and peppers and plenty of black pepper. Cook for a minute or so, until heated through and the juices are stained red from the paprika in the chorizo. Scoop half a mugful of pasta water from the pan, drain the remainder and tip the spaghetti into the frying pan.
- ☐ Add the parsley and parmesan, toss well and splash in the pasta water, to moisten. Hand round extra parmesan at the table.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:22.85, Inflammation Score:-7, Nutrition Score:19.8013044816%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 2.87mg, Luteolin: 2.87mg, Luteolin: 2.87mg, Luteolin: 2.87mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 435.08kcal (21.75%), Fat: 14.12g (21.73%), Saturated Fat: 4.88g (30.49%), Carbohydrates: 59.48g (19.83%), Net Carbohydrates: 55.91g (20.33%), Sugar: 3.57g (3.97%), Cholesterol: 22.61mg (7.54%), Sodium: 209.68mg (9.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.72g (33.45%), Vitamin K: 90.9µg (86.58%), Selenium: 50.22µg (71.74%), Vitamin C: 58.12mg (70.44%), Manganese: 0.77mg (38.54%), Phosphorus: 243.3mg (24.33%), Calcium: 180.7mg (18.07%), Vitamin A: 839.76IU (16.8%), Fiber: 3.58g (14.31%), Magnesium: 53.7mg (13.43%), Copper: 0.27mg (13.37%), Vitamin B6: 0.26mg (12.78%), Iron: 1.85mg (10.26%), Zinc: 1.53mg (10.21%), Vitamin E: 1.38mg (9.17%), Potassium: 310.64mg (8.88%), Vitamin B3: 1.66mg (8.3%), Vitamin B1: 0.11mg (7.37%), Folate: 27.92µg (6.98%), Vitamin B2: 0.11mg (6.36%), Vitamin B5: 0.46mg (4.59%), Vitamin B12: 0.15µg (2.5%)