



# Spaghetti with Zucchini and Garlic

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

369 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 1 pound pasta like spaghetti cooked
- ☐ 4 cloves garlic chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup parmigiano grated
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 zucchini small to medium

## Equipment

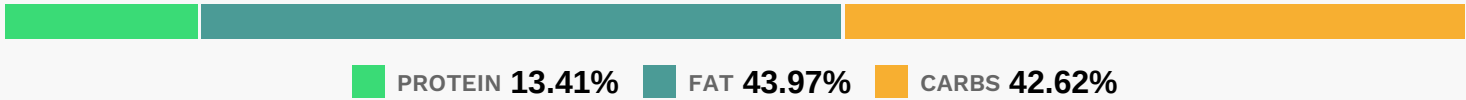
- ☐ frying pan

- ☐ paper towels
- ☐ box grater

## Directions

- ☐ Pile up 2 or 3 layers of paper towels on a work surface. Working on the paper towels, shred zucchinis using a box grater holding the zucchini at an angle.
- ☐ Heat a large skillet over moderate heat.
- ☐ Add extra-virgin olive oil to the pan
- ☐ Add chopped garlic to the oil. When garlic speaks by sizzling in oil, add shredded zucchini. Season zucchini with salt and pepper.
- ☐ Saute shredded zucchini 7 to 10 minutes.
- ☐ Add hot, drained pasta to the pan. Toss spaghetti with zucchini and garlic oil.
- ☐ Add a couple of handfuls of grated cheese to the pan. Adjust seasoning and serve.

## Nutrition Facts



## Properties

Glycemic Index:38.13, Glycemic Load:16.69, Inflammation Score:-5, Nutrition Score:12.149130381968%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

## Nutrients (% of daily need)

Calories: 368.89kcal (18.44%), Fat: 18.12g (27.87%), Saturated Fat: 4.2g (26.25%), Carbohydrates: 39.5g (13.17%), Net Carbohydrates: 36.39g (13.23%), Sugar: 3.22g (3.57%), Cholesterol: 8.5mg (2.83%), Sodium: 210.02mg (9.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.43g (24.87%), Selenium: 33.38µg (47.68%), Manganese: 0.6mg (30.2%), Vitamin C: 18.48mg (22.4%), Phosphorus: 194.51mg (19.45%), Calcium: 177.63mg (17.76%), Vitamin E: 2.16mg (14.4%), Vitamin B6: 0.26mg (13.21%), Fiber: 3.11g (12.44%), Vitamin K: 12.77µg (12.16%), Iron: 2.05mg (11.41%), Magnesium: 44.47mg (11.12%), Potassium: 330.67mg (9.45%), Vitamin B2: 0.16mg (9.4%), Copper: 0.18mg (8.98%), Zinc: 1.27mg (8.48%), Folate: 32.44µg (8.11%), Vitamin A: 294.44IU (5.89%), Vitamin B1: 0.08mg (5.18%), Vitamin B3: 0.95mg (4.76%), Vitamin B5: 0.4mg (4.03%), Vitamin B12: 0.15µg (2.5%)