



Spaghettini with Garlic and Lemon



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



481 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 4 large garlic cloves minced
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 lemon zest finely grated
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.5 teaspoon pepper flakes dried red hot
- ☐ 1.5 teaspoons salt

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1 lb spaghetтини

Equipment

☐

frying pan

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pot

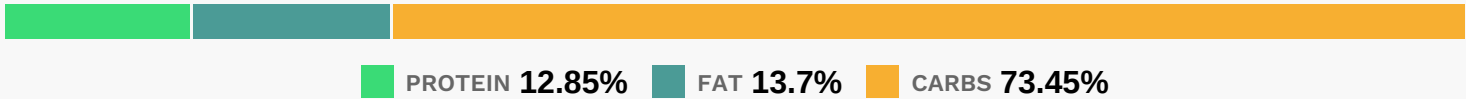
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colander

Directions

- ☐ Cook pasta in a 6-quart pot of boiling salted water until al dente. Reserve 1 cup cooking water and drain pasta in a colander.
- ☐ While pasta is boiling, cook garlic and red pepper flakes (to taste) in oil in a 12-inch heavy skillet over moderate heat, stirring, until garlic is golden, about 5 minutes. Stir in zest, then juice, salt, pepper, and 1/2 cup reserved cooking water and bring to a simmer.
- ☐ Toss pasta in sauce with parsley. (
- ☐ Add more cooking water if pasta seems dry.)

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:34.42, Inflammation Score:-7, Nutrition Score:20.136086982229%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 480.83kcal (24.04%), Fat: 7.27g (11.18%), Saturated Fat: 1.09g (6.79%), Carbohydrates: 87.68g (29.23%), Net Carbohydrates: 83.24g (30.27%), Sugar: 3.55g (3.94%), Cholesterol: 0mg (0%), Sodium: 888.12mg (38.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.34g (30.69%), Vitamin K: 127.09µg (121.04%), Selenium:

72.2µg (103.14%), Manganese: 1.14mg (57.09%), Vitamin C: 19.14mg (23.2%), Phosphorus: 225.67mg (22.57%), Copper: 0.36mg (17.95%), Fiber: 4.44g (17.76%), Magnesium: 66.55mg (16.64%), Vitamin A: 709.74IU (14.19%), Iron: 2.13mg (11.82%), Zinc: 1.74mg (11.62%), Vitamin B6: 0.22mg (11.06%), Vitamin B3: 2.1mg (10.51%), Potassium: 331.28mg (9.47%), Folate: 34.65µg (8.66%), Vitamin B1: 0.12mg (7.99%), Vitamin E: 1.08mg (7.22%), Vitamin B5: 0.57mg (5.67%), Vitamin B2: 0.09mg (5.03%), Calcium: 46.82mg (4.68%)