



Spaghetтини with Italian Green Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



148 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons asiago cheese freshly grated
- 1 teaspoon capers minced
- 2 tablespoons flat-leaf parsley fresh finely chopped
- 0.3 teaspoon garlic minced
- 1 tablespoon green onions chopped
- 1 tablespoon juice of lemon
- 1 teaspoon olive oil
- 0.1 teaspoon pepper

- 1 Dash salt
- 2 ounces spaghetti uncooked

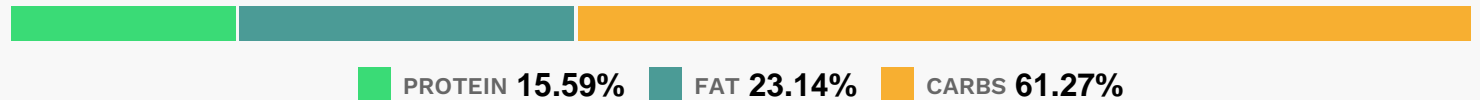
Equipment

- bowl

Directions

- Combine first 8 ingredients in a small bowl, stirring well. Set aside.
- Cook pasta according to package directions, omitting salt and fat; drain.
- Place pasta in a serving bowl.
- Add parsley mixture, and toss gently.
- Sprinkle with cheese.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:97.5, Glycemic Load:8.69, Inflammation Score:-5, Nutrition Score:8.461739246612%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 147.61kcal (7.38%), Fat: 3.79g (5.83%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 22.57g (7.52%), Net Carbohydrates: 21.36g (7.77%), Sugar: 1.1g (1.22%), Cholesterol: 3.4mg (1.13%), Sodium: 131.79mg (5.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.49%), Vitamin K: 73.58µg (70.08%), Selenium: 19.14µg (27.35%), Manganese: 0.3mg (14.81%), Vitamin C: 8.95mg (10.84%), Phosphorus: 93.18mg (9.32%), Vitamin A: 408.47IU (8.17%), Calcium: 74.95mg (7.49%), Magnesium: 20.91mg (5.23%), Copper: 0.1mg (4.99%), Fiber: 1.21g (4.84%), Iron:

0.75mg (4.19%), Zinc: 0.6mg (4.03%), Folate: 15.22µg (3.8%), Potassium: 109.57mg (3.13%), Vitamin B6: 0.06mg (2.95%), Vitamin B3: 0.58mg (2.91%), Vitamin E: 0.4mg (2.66%), Vitamin B2: 0.04mg (2.53%), Vitamin B1: 0.04mg (2.36%), Vitamin B5: 0.18mg (1.77%)