



## Spaghettini with Oil and Garlic

READY IN



45 min.

SERVINGS



8

CALORIES



304 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 10 garlic cloves sliced
- ☐ 4 ounces parmigiano-reggiano cheese grated
- ☐ 2.8 teaspoons salt divided
- ☐ 1 pound spaghettini uncooked
- ☐ 6 quarts water

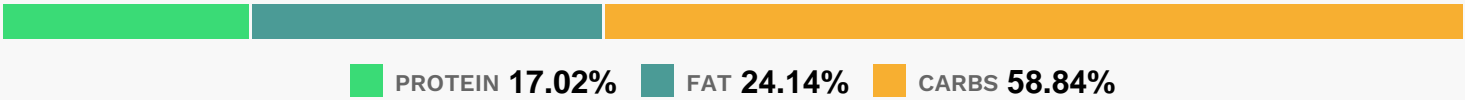
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ colander

## Directions

- ☐ Bring 6 quarts water and 2 teaspoons salt to a boil in a large stockpot. Stir in pasta; partially cover, and return to a boil, stirring frequently. Cook 6 minutes or until pasta is almost al dente, stirring occasionally.
- ☐ Drain pasta in a colander over a bowl, reserving 1 cup cooking water.
- ☐ While pasta cooks, heat oil in a large nonstick skillet over medium heat.
- ☐ Add garlic; cook 2 minutes or until fragrant or beginning to turn golden, stirring constantly.
- ☐ Remove from heat; stir in remaining 3/4 teaspoon salt, reserved 1 cup cooking water, parsley, and pepper.
- ☐ Add pasta to pan, stirring well to coat. Return pan to medium heat; cook 1 minute or until pasta is al dente, tossing to coat.
- ☐ Place 1 cup pasta mixture in each of 8 bowls; sprinkle each serving with 2 tablespoons cheese.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:16.38, Glycemic Load:17.53, Inflammation Score:-5, Nutrition Score:13.069999942313%

## Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 304.15kcal (15.21%), Fat: 8.08g (12.44%), Saturated Fat: 2.98g (18.61%), Carbohydrates: 44.33g (14.78%), Net Carbohydrates: 42.27g (15.37%), Sugar: 1.71g (1.9%), Cholesterol: 9.64mg (3.21%), Sodium: 1070.21mg (46.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.83g (25.66%), Vitamin K: 64.1µg (61.05%), Selenium: 39.59µg (56.55%), Manganese: 0.6mg (29.78%), Calcium: 213.93mg (21.39%), Phosphorus: 213.82mg (21.38%), Copper: 0.3mg (15.03%), Magnesium: 46.4mg (11.6%), Vitamin A: 464IU (9.28%), Zinc: 1.35mg (9.01%), Fiber: 2.06g (8.24%), Vitamin C: 6.16mg (7.46%), Vitamin B6: 0.15mg (7.3%), Iron: 1.2mg (6.65%), Vitamin B3: 1.09mg (5.46%), Vitamin B2: 0.09mg (5.3%), Potassium: 177.93mg (5.08%), Vitamin E: 0.68mg (4.51%), Vitamin B1: 0.07mg (4.51%), Folate: 17.05µg (4.26%), Vitamin B5: 0.35mg (3.47%), Vitamin B12: 0.17µg (2.83%)