



White Spaghetti

 Vegetarian  Vegan  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



554 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cloves garlic chopped to taste
- 0.3 cup olive oil
- 0.7 ounce salad dressing mix dry italian-style
- 16 ounce pasta like spaghetti
- 1 cup water

Equipment

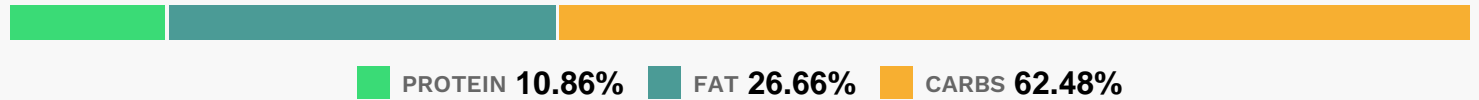
- bowl
- frying pan

pot

Directions

- Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally until cooked through but firm to the bite, about 12 minutes.
- Drain and transfer to a serving bowl.
- Heat olive oil in a skillet over medium heat; cook and stir garlic in the hot oil until lightly browned, 2 to 3 minutes.
- Mix water and salad dressing mix into garlic; simmer until liquid has reduced into a sauce, 5 to 7 minutes.
- Pour sauce over spaghetti; toss to coat.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:34.18, Inflammation Score:-4, Nutrition Score:13.827826110241%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 554.19kcal (27.71%), Fat: 16.27g (25.03%), Saturated Fat: 2.32g (14.53%), Carbohydrates: 85.77g (28.59%), Net Carbohydrates: 82.11g (29.86%), Sugar: 3.58g (3.98%), Cholesterol: 0mg (0%), Sodium: 59.55mg (2.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.9g (29.81%), Selenium: 71.98µg (102.83%), Manganese: 1.07mg (53.32%), Phosphorus: 217.36mg (21.74%), Copper: 0.34mg (17.13%), Magnesium: 61.32mg (15.33%), Fiber: 3.66g (14.64%), Vitamin E: 2.18mg (14.52%), Zinc: 1.63mg (10.84%), Vitamin K: 11.04µg (10.52%), Vitamin B3: 1.94mg (9.72%), Vitamin B6: 0.18mg (9.14%), Iron: 1.59mg (8.82%), Potassium: 263.2mg (7.52%), Vitamin B1: 0.11mg (7.07%), Folate: 20.46µg (5.11%), Vitamin B5: 0.5mg (4.98%), Vitamin B2: 0.07mg (4.1%), Calcium: 29.08mg (2.91%)