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Spaghetti with Olive Oil and Garlic Sauce

Spaghetti with olive oil and garlic sauce is a classic Italian dish that is simple yet flavorful. It originated in southern Italy and is now enjoyed all over the world. The dish consists of cooked spaghetti noodles tossed in a sauce made from olive oil, garlic, and red pepper flakes. It is often garnished with grated Parmesan cheese and fresh parsley. This dish is perfect for a quick and easy weeknight dinner or a special occasion.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

400 g	Spaghetti noodles
4 tbsp	olive oil
4 cloves	garlic cloves

1 tsp	red pepper flakes
50 g	parmesan cheese
10 g	fresh parsley

Directions

Step 1

Boiling

Cook the spaghetti noodles according to package instructions.

Prep Time: 0 mins

Cook Time: 10 mins

Step 2

Sautéing

In a pan, heat the olive oil over medium heat. Add the minced garlic and red pepper flakes. Cook until the garlic is golden brown.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Mixing

Add the cooked spaghetti noodles to the pan and toss to coat them in the garlic sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Plating

Garnish with grated Parmesan cheese and fresh parsley before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 220 kcal

Fat: 15 g

Protein: 4 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	120 mg	5.22%	5.22%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	70 mg	2.06%	2.69%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Cuisines

Italian

French

Japanese

Mediterranean

Spanish

American

Kitchen Tools

Slow Cooker

Course

Appetizers

Breads

Salads

Snacks

Sauces & Dressings

Demographics

Teen Friendly

Lactation Friendly

Allergy Friendly

Heart Healthy

Diet

Mediterranean Diet

Vegetarian Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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