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# Lemon Garlic Pasta

Lemon Garlic Pasta is a classic Italian dish that is loved for its vibrant flavors and simplicity. It is a perfect combination of tangy lemon and savory garlic, tossed with al dente pasta. This dish is versatile and can be enjoyed as a main course or a side dish. The lemon adds a refreshing twist to the traditional garlic pasta, making it a favorite among pasta lovers. The recipe is easy to follow and can be prepared in under 30 minutes.

Recipe Type: Standard Prep Time: 10 mins

Cook Time: 15 mins Total Time: 25 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

# **Ingredients**

400 g	Pasta
4 cloves	garlic
2 juice	Lemon
2 tbsp	olive oil

1 teaspoon	salt
0.5 teaspoon	black pepper
50 g	parmesan cheese
10 g	fresh parsley

## **Directions**

## Step 1

## Boiling

Cook the pasta according to package instructions until al dente. Drain and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

## Step 2

### Sautéing

In a large skillet, heat olive oil over medium heat. Add minced garlic and cook until fragrant, about 1-2 minutes.

Prep Time: 2 mins

Cook Time: 2 mins

## Step 3

### Stirring

Add cooked pasta to the skillet and toss well to coat with the garlic-infused oil.

Prep Time: 1 mins

Cook Time: 2 mins

## Step 4

#### Stirring

Squeeze fresh lemon juice over the pasta and season with salt and black pepper. Toss again to combine.

Prep Time: 1 mins

Cook Time: 1 mins

## Step 5

#### **Plating**

Remove from heat and sprinkle grated Parmesan cheese and chopped fresh parsley on top.

Prep Time: 1 mins

Cook Time: 0 mins

### Step 6

### Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

# **Nutrition Facts**

Calories: 400 kcal

**Fat:** 10 g

Protein: 15 g

Carbohydrates: 60 g

# **Nutrition Facts**

## **Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

## **Carbohydrates**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	60 g	109.09%	120%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## **Fats**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	5 mg	N/A	N/A

## **Vitamins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

#### **Minerals**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	150 mg	15%	15%
Iron	2 mg	25%	11.11%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

# **Recipe Attributes**

## Cuisines

Italian Spanish American

### **Kitchen Tools**

Slow Cooker Blender

## **Nutritional Content**

Low Calorie

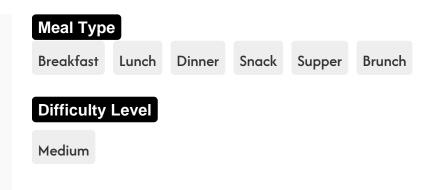
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