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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

<b>400 g</b>	Pasta
<b>4 cloves</b>	garlic
<b>2 juice</b>	Lemon
<b>2 tbsp</b>	olive oil

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

## Directions

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### 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

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### 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

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### 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

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## 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

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## 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

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## 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

### Course

Soups Sauces & Dressings Breads Salads Main Dishes Side Dishes  
Desserts Drinks

### Cultural

Cinco de Mayo

## Meal Type

Breakfast

Lunch

Dinner

Snack

Supper

Brunch

## Difficulty Level

Medium

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