

Spaghetti Aglio e Olio

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/spaghetti-aglio-e-olio-recipe-india>

Ingredients:

- 1 pound spaghetti
- 1 extra-virgin olive oil
- 12 large garlic cloves cut into slivers
- 1 tablespoon crushed red pepper flakes
- 1 cup fresh parsley minced
- 1/2 cup Parmesan cheese grated
- salt
- pepper
- 2 lemons

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 98 grams
3. Cholesterol: 10 milligrams
4. Fat: 9 grams
5. Fiber: 8 grams
6. Protein: 21 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 410 milligrams
9. Sugar: 4 grams

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