

# Spaghetti Aglio e Olio with Prawns

Yield: 2 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-style-garlic-prawns-recipe>

## Ingredients:

- 10 prawns medium, / 6 to 8 large prawns
- salt
- freshly ground black pepper
- 1 dash cayenne pepper optional
- 8 cloves garlic
- 7 ounces spaghetti or other pasta of your preference
- 8 tablespoons extra-virgin olive oil divided
- dried chili flakes as much as you want
- flat leaf parsley Freshly chopped, as garnish, optional

## Nutrition:

1. Calories: 890 calories
2. Carbohydrate: 80 grams
3. Cholesterol: 30 milligrams
4. Fat: 57 grams
5. Fiber: 4 grams
6. Protein: 19 grams
7. SaturatedFat: 8 grams
8. Sodium: 420 milligrams
9. Sugar: 3 grams

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