

Spaghetti Aglio Olio e Peperoncino

Yield: 4 min
Total Time: 10 min

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

Ingredients:

- 1 pound spaghetti dried
- salt
- 1/2 cup extra virgin olive oil
- 6 cloves garlic minced or 6 Dorot garlic cubes
- 1 teaspoon crushed red pepper flakes or to taste
- 1/2 cup pasta water reserved
- 1/2 cup chopped parsley

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 87 grams
3. Fat: 29 grams
4. Fiber: 4 grams
5. Protein: 15 grams
6. SaturatedFat: 4 grams
7. Sodium: 210 milligrams
8. Sugar: 4 grams

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