

Spaghetti Aglio & Olio

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 7/8 pound spaghetti best quality dried
- 5 tablespoons extra-virgin olive oil
- 8 garlic cloves sliced thinly
- 1 teaspoon chilli flakes dried red
- 1 handful flat leaf parsley finely chopped
- 1/2 cup Parmesan cheese finely grated, plus extra for garnish
- sea salt

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 78 grams
3. Cholesterol: 10 milligrams
4. Fat: 22 grams
5. Fiber: 3 grams
6. Protein: 18 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 410 milligrams
9. Sugar: 3 grams

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