



FLOUR CITY PASTA

BASIL GARLIC FETTUCCINE AGLIO OLIO E BASILICO

“Uncooked Garlic & Basil”

INGREDIENTS:

1 lb. Basil Garlic Fettuccine cooked al dente (about 8 minutes).
 24 cloves peeled and left whole
 24 large basil leaves
 ¾ cup virgin olive oil
 ½ tsp. red pepper flakes
 Salt and fresh ground pepper

DIRECTIONS:

1. While pasta is being cooked al dente heat the olive oil on low heat
2. When the oil is warm add the pepper flakes and salt and black pepper, then heat the oil to hot.
3. When the pasta is cooked place in a large serving dish over the garlic and basil.
4. Pour the hot oil over, toss lightly and serve.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Serv. Size 1/4 lbs (113g)	Total Fat 3g	4%	Total Carb. 81g
Serv. Per Cont. 3	Sat. Fat 0.5g	3%	Fiber 5g	19%
Calories 380	<i>Trans</i> Fat 0g		Sugars 1g	
Fat Cal. 25	Cholest. 0mg	0%	Protein 16g	
	Sodium 0mg	0%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0%	• Vitamin C 10%	• Calcium 4%	• Iron 25%

INGREDIENTS: Organic Wheat, Durum, Organic Garlic Powder, Organic Lemon Powder, Organic Turmeric Powder, Natural Wheat Protein

CONTAINS: Wheat

Flourcitypasta.com