



Robin's Spicy Spaghetti & Simple Salad

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS

🌐 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

2 1/2 ounces whole wheat spaghetti	4 black olives pitted and chopped
1/2 cup Marinara Sauce	2 cups green lettuce chopped
1 teaspoon red pepper flakes	2 tablespoons Fat Free Italian Dressing

NUTRITION INFORMATION PER SERVING

Protein 13g	Sodium 881mg
Total Fat 4.47g	Saturated Fat 0.45g
Carbs 70g	Fruits 0 servings
Calories 369kcal	Vegetables 2 servings
Fiber 11g	Added Sugar 7.1g

Method

1. Cook pasta according to instructions. Then mix in marinara sauce and olives.
2. Serve with salad (lettuce, chopped cherry tomatoes, and zero fat dressing tossed together).

PORTIONS

