



Angel Hair Patties

READY IN



29 min.

SERVINGS



4

CALORIES



408 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces capellini uncooked (angel hair)
- ☐ 1 teaspoon vegetable oil
- ☐ 4 medium carrots cut into julienne strips (2 cups)
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 10 ounces spinach frozen thawed chopped
- ☐ 2 eggs fat-free slightly beaten
- ☐ 0.5 cup part-skim ricotta reduced-fat
- ☐ 0.3 cup parmesan cheese grated

- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon vegetable oil
- ☐ 2 cups pasta sauce

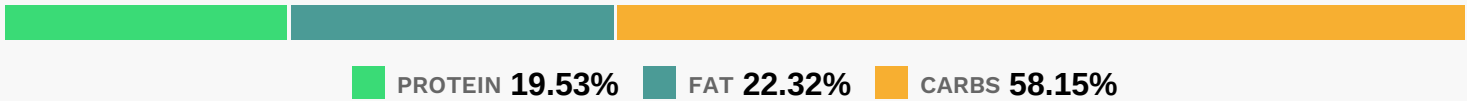
Equipment

- ☐ frying pan

Directions

- ☐ Cook and drain pasta as directed on package.
- ☐ While pasta is cooking, heat 1 teaspoon oil in 10-inch skillet over medium heat. Cook carrots, basil, salt and spinach in oil about 2 minutes, stirring occasionally, until carrots are crisp-tender.
- ☐ Remove vegetable mixture from skillet; keep warm.
- ☐ Mix pasta, eggs, ricotta cheese, Parmesan cheese and pepper. Shape pasta mixture into 4 patties, each 1 inch thick.
- ☐ Heat 1 teaspoon oil in skillet over medium-high heat. Cook patties in oil 6 to 8 minutes, turning after 4 minutes, until golden brown.
- ☐ Top patties with vegetable mixture and spaghetti sauce.

Nutrition Facts



Properties

Glycemic Index:41.46, Glycemic Load:21.07, Inflammation Score:-10, Nutrition Score:33.454348004383%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 408.4kcal (20.42%), Fat: 10.36g (15.94%), Saturated Fat: 3.81g (23.79%), Carbohydrates: 60.75g (20.25%), Net Carbohydrates: 52.93g (19.25%), Sugar: 9.43g (10.47%), Cholesterol: 96.89mg (32.3%), Sodium: 1004.08mg

(43.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.4g (40.8%), Vitamin A: 19331.78IU (386.64%), Vitamin K: 297.07µg (282.92%), Selenium: 55.04µg (78.62%), Manganese: 1.37mg (68.3%), Folate: 153.45µg (38.36%), Phosphorus: 339.17mg (33.92%), Vitamin E: 4.86mg (32.41%), Calcium: 315.55mg (31.55%), Magnesium: 125.71mg (31.43%), Fiber: 7.82g (31.3%), Potassium: 1039.29mg (29.69%), Vitamin B2: 0.5mg (29.38%), Iron: 4.9mg (27.21%), Copper: 0.49mg (24.29%), Vitamin B6: 0.47mg (23.45%), Vitamin C: 16.08mg (19.49%), Zinc: 2.65mg (17.7%), Vitamin B3: 3.23mg (16.16%), Vitamin B1: 0.21mg (13.68%), Vitamin B5: 1.3mg (12.99%), Vitamin B12: 0.37µg (6.17%), Vitamin D: 0.5µg (3.35%)