



Asparagus Spaghetti Pie

READY IN



50 min.

SERVINGS



8

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces asparagus frozen thawed cut into 1-inch pieces
- 2 tablespoons butter melted
- 1 teaspoon chives minced
- 1 cup finely-chopped ham cubed fully cooked
- 7 ounces spaghetti cooked drained
- 1 teaspoon optional: dill
- 2 eggs
- 4.5 ounces mushrooms drained sliced
- 0.5 cup parmesan cheese grated

- 0.5 cup cream sour
- 6 ounces swiss cheese shredded

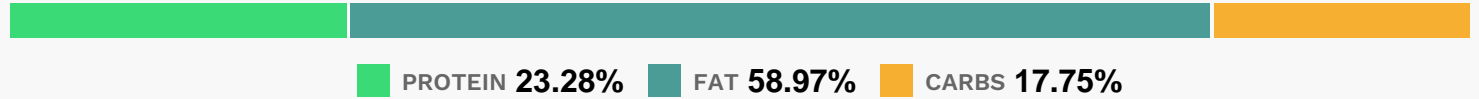
Equipment

- bowl
- oven

Directions

- In a large bowl, beat eggs; add the spaghetti, Parmesan cheese and butter; mix well. Press onto the bottom and up the sides of a greased 10-in. pie plate.
- Combine ham, asparagus and mushrooms; spoon into crust.
- Sprinkle with Swiss cheese. Beat eggs, sour cream, dill and chives; pour over cheese.
- Bake at 350° for 35–40 minutes or until crust is set and center is lightly browned.
- Let stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:31.19, Glycemic Load:3.86, Inflammation Score:-5, Nutrition Score:11.252608739811%

Flavonoids

Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 248.62kcal (12.43%), Fat: 16.41g (25.25%), Saturated Fat: 8.74g (54.61%), Carbohydrates: 11.11g (3.7%), Net Carbohydrates: 9.9g (3.6%), Sugar: 1.53g (1.7%), Cholesterol: 92.45mg (30.82%), Sodium: 356.06mg (15.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.58g (29.16%), Selenium: 24.01µg (34.3%), Phosphorus: 279.38mg (27.94%), Calcium: 276.01mg (27.6%), Vitamin B2: 0.3mg (17.91%), Vitamin B12: 1.07µg (17.77%), Zinc: 2.07mg (13.8%), Vitamin A: 687.69IU (13.75%), Vitamin K: 12.96µg (12.34%), Vitamin B1: 0.14mg (9.66%), Copper: 0.17mg (8.42%), Vitamin B5: 0.8mg (8%), Iron: 1.39mg (7.7%), Manganese: 0.15mg (7.52%), Vitamin B3: 1.5mg (7.48%), Folate: 28.19µg (7.05%), Vitamin B6: 0.14mg (6.78%), Vitamin C: 5.43mg (6.58%), Potassium: 219.63mg

(6.28%), Magnesium: 24.93mg (6.23%), Vitamin E: 0.75mg (4.99%), Fiber: 1.2g (4.82%), Vitamin D: 0.28µg (1.89%)