



Eggs and Spaghetti

 Vegetarian

READY IN



20 min.

SERVINGS



1

CALORIES



788 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon rosemary dried
- ☐ 2 eggs
- ☐ 2 teaspoons garlic powder
- ☐ 2 teaspoons ground pepper black
- ☐ 1 tablespoon onion minced
- ☐ 4 ounces pasta like spaghetti

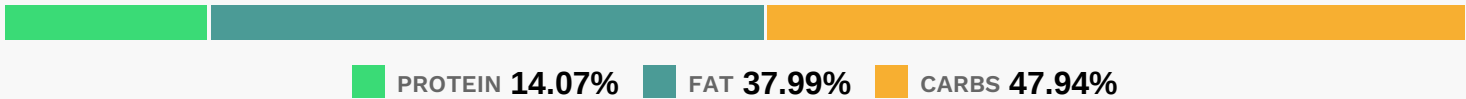
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Meanwhile, in a large skillet melt butter over medium heat; cook eggs sunny-side up (so that egg yolks are not broken).
- ☐ Sprinkle garlic powder, ground black pepper, onion and rosemary on eggs while cooking.
- ☐ Place hot pasta and cooked eggs on a plate and stir together; the broken yolks will create the sauce.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:226, Glycemic Load:35.24, Inflammation Score:-8, Nutrition Score:24.341739146606%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 787.83kcal (39.39%), Fat: 33.28g (51.2%), Saturated Fat: 17.68g (110.52%), Carbohydrates: 94.46g (31.49%), Net Carbohydrates: 88.26g (32.09%), Sugar: 3.97g (4.41%), Cholesterol: 387.56mg (129.19%), Sodium: 317.6mg (13.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.73g (55.46%), Selenium: 100.74µg (143.91%), Manganese: 1.68mg (84.18%), Phosphorus: 430.74mg (43.07%), Vitamin B2: 0.51mg (29.8%), Vitamin A: 1259.56IU (25.19%), Fiber: 6.2g (24.81%), Copper: 0.49mg (24.56%), Iron: 4.35mg (24.18%), Vitamin B6: 0.47mg (23.46%), Magnesium: 88.08mg (22.02%), Zinc: 3.07mg (20.45%), Vitamin B5: 1.98mg (19.81%), Folate: 74.15µg (18.54%), Potassium: 539.48mg (15.41%), Vitamin B12: 0.83µg (13.85%), Calcium: 130.17mg (13.02%), Vitamin B1: 0.18mg (12.26%), Vitamin E: 1.78mg (11.88%), Vitamin D: 1.76µg (11.73%), Vitamin B3: 2.13mg (10.65%), Vitamin K: 8.95µg (8.52%), Vitamin C: 2.04mg (2.47%)