



Greek Spaghetti I

READY IN



60 min.

SERVINGS



8

CALORIES



460 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pinch garlic powder
- ☐ 0.5 cup butter melted
- ☐ 0.3 pound provolone cheese shredded
- ☐ 0.3 pound romano cheese grated
- ☐ 0.3 pound mozzarella cheese shredded
- ☐ 1 pound pasta like spaghetti

Equipment

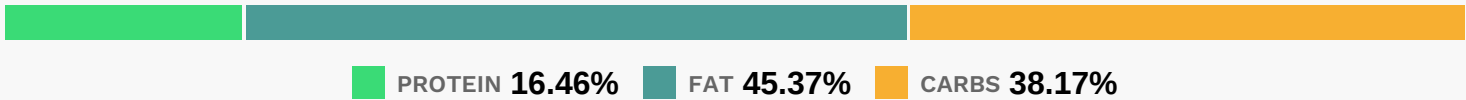
- ☐ bowl

- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ In a large pot of lightly salted boiling water, cook the spaghetti 8 to 10 minutes, until al dente, and drain.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium casserole dish. In a bowl, mix the Romano cheese, mozzarella cheese, and provolone cheese. In a separate bowl, blend the melted margarine and garlic powder.
- ☐ Cover the bottom of the prepared dish with 1/3 of the cooked spaghetti, top with 1/3 of the cheese mixture, and drizzle with 1/3 margarine mixture. Repeat layering. Be sure to end with cheese on top. (If you really like garlic you can sprinkle between layers as desired.)
- ☐ Bake 30 minutes in the preheated oven, until cheese is bubbly and lightly brown.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:17.32, Inflammation Score:-6, Nutrition Score:11.853912937819%

Nutrients (% of daily need)

Calories: 459.54kcal (22.98%), Fat: 23.03g (35.44%), Saturated Fat: 9.24g (57.75%), Carbohydrates: 43.6g (14.53%), Net Carbohydrates: 41.79g (15.2%), Sugar: 1.84g (2.05%), Cholesterol: 35.72mg (11.91%), Sodium: 499.22mg (21.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.8g (37.6%), Selenium: 42.36µg (60.51%), Calcium: 345.74mg (34.57%), Phosphorus: 338.69mg (33.87%), Manganese: 0.53mg (26.43%), Vitamin A: 786.87IU (15.74%), Zinc: 2.04mg (13.58%), Vitamin B12: 0.7µg (11.72%), Magnesium: 43.1mg (10.78%), Vitamin B2: 0.18mg (10.43%), Copper: 0.17mg (8.67%), Fiber: 1.82g (7.26%), Vitamin B6: 0.11mg (5.48%), Iron: 0.98mg (5.46%), Vitamin B3: 1.01mg (5.08%), Potassium: 175.07mg (5%), Vitamin B1: 0.06mg (4.31%), Vitamin B5: 0.4mg (4.04%), Vitamin E: 0.59mg (3.96%), Folate: 13.76µg (3.44%), Vitamin D: 0.2µg (1.32%)