

Greek Spaghetti II

READY IN



30 min.

SERVINGS



4

CALORIES



678 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 tablespoons butter
- 1 teaspoon oregano dried
- 1 cup parmesan cheese grated
- 0.5 teaspoon salt
- 1 pound pasta like spaghetti

Equipment

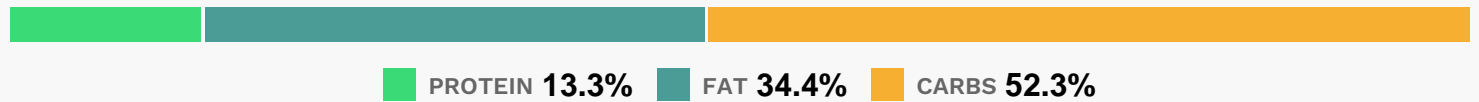
- frying pan
- oven

- pot
- baking pan

Directions

- Preheat oven to 250 degrees F (120 degrees C).
- 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.
- In a medium skillet over medium heat, melt butter with salt and cook until just brown.
- Remove from heat and toss with pasta, cheese and oregano.
- Pour into a 7x11 inch baking dish.
- Bake in preheated oven 10 to 15 minutes, until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:34.05, Inflammation Score:-8, Nutrition Score:16.76434771174%

Nutrients (% of daily need)

Calories: 677.85kcal (33.89%), Fat: 25.76g (39.64%), Saturated Fat: 14.99g (93.69%), Carbohydrates: 88.13g (29.38%), Net Carbohydrates: 84.29g (30.65%), Sugar: 3.08g (3.42%), Cholesterol: 66.9mg (22.3%), Sodium: 870.14mg (37.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.41g (44.82%), Selenium: 80.65µg (115.22%), Manganese: 1.09mg (54.34%), Phosphorus: 378.6mg (37.86%), Calcium: 258.02mg (25.8%), Zinc: 2.71mg (18.1%), Magnesium: 70.63mg (17.66%), Copper: 0.34mg (17.06%), Fiber: 3.84g (15.36%), Vitamin A: 749.54IU (14.99%), Vitamin B3: 1.98mg (9.9%), Iron: 1.78mg (9.87%), Vitamin B2: 0.16mg (9.65%), Vitamin B6: 0.19mg (9.36%), Potassium: 310.28mg (8.87%), Vitamin B1: 0.11mg (7.38%), Vitamin B12: 0.37µg (6.22%), Vitamin B5: 0.6mg (5.98%), Folate: 23.73µg (5.93%), Vitamin E: 0.83mg (5.54%), Vitamin K: 5.12µg (4.87%)