



Italian Spaghetti with Ham

READY IN



45 min.

SERVINGS



4

CALORIES



739 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup olives black sliced
- ☐ 0.3 cup butter
- ☐ 1 tablespoon butter
- ☐ 2 cups ham diced sliced
- ☐ 3 eggs lightly beaten
- ☐ 1 clove garlic minced
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 cup parsley chopped
- ☐ 4 servings salt to taste

☐ 8 ounces pasta like spaghetti

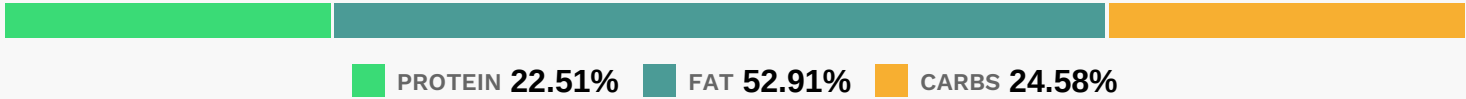
Equipment

☐ frying pan

Directions

- ☐ Cook spaghetti according to package directions.
- ☐ While spaghetti is cooking, heat the 1 tablespoon butter or margarine in a large skillet.
- ☐ Saute ham and garlic.
- ☐ Drain spaghetti well, and combine with sauteed ham and garlic in the skillet. Over very low heat, slowly stir in the cheese, eggs, olives, and half of the parsley.
- ☐ Remove from heat.
- ☐ Add salt and butter to taste, and sprinkle with remaining parsley.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:17.13, Inflammation Score:-7, Nutrition Score:25.911739224973%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 739.14kcal (36.96%), Fat: 43g (66.16%), Saturated Fat: 19.47g (121.69%), Carbohydrates: 44.94g (14.98%), Net Carbohydrates: 42.71g (15.53%), Sugar: 1.74g (1.93%), Cholesterol: 245.01mg (81.67%), Sodium: 2114.53mg (91.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.16g (82.33%), Selenium: 77.56µg (110.79%), Vitamin K: 63.24µg (60.23%), Vitamin B1: 0.79mg (52.4%), Phosphorus: 512.81mg (51.28%), Vitamin B3: 6.36mg (31.79%), Vitamin B6: 0.61mg (30.6%), Zinc: 4.58mg (30.53%), Vitamin B2: 0.5mg (29.44%), Manganese: 0.58mg (28.77%), Vitamin A: 1077.46IU (21.55%), Vitamin B12: 1.25µg (20.83%), Calcium: 164.45mg (16.45%), Potassium: 564.91mg

(16.14%), Magnesium: 64.21mg (16.05%), Copper: 0.31mg (15.45%), Iron: 2.69mg (14.95%), Vitamin B5: 1.37mg (13.72%), Vitamin E: 1.66mg (11.06%), Vitamin D: 1.55µg (10.34%), Folate: 36.52µg (9.13%), Fiber: 2.23g (8.93%), Vitamin C: 5.22mg (6.33%)