



Round 2 - Spinach and Mushroom Pasta

 Very Healthy

READY IN



15 min.

SERVINGS



2

CALORIES



1366 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 ounce baby portabella mushrooms sliced
- ☐ 2 tablespoons canola oil
- ☐ 2 tablespoons canola oil divided
- ☐ 16 ounce pasta like spaghetti cooked drained
- ☐ 3 large eggs divided
- ☐ 4 ounce half package feta cheese crumbled
- ☐ 0.3 cup basil fresh chopped
- ☐ 20 ounce pkt spinach frozen thawed drained chopped

- ☐ 1 tablespoon garlic chopped
- ☐ 2 teaspoons garlic chopped
- ☐ 2 teaspoons penzey's southwest seasoning italian
- ☐ 2 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion chopped
- ☐ 0.3 cup parmesan grated
- ☐ 2 servings reserved pasta from spinach and pasta pie cooked
- ☐ 1 plum tomatoes sliced thin
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 2 servings reserved spinach from spinach and pasta pie

Equipment

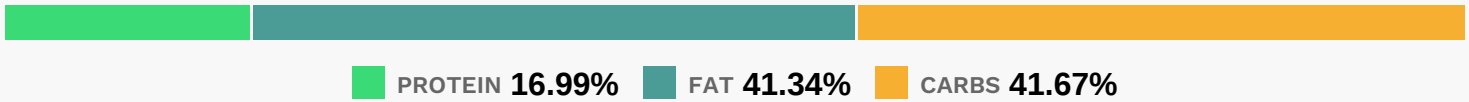
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pie form

Directions

- ☐ In a large skillet over medium heat, add the canola oil. When it is hot, add the mushrooms, season with salt and pepper, and cook until they are lightly browned and have given up their liquid, about 5 minutes.
- ☐ Add the reserved onions, Italian seasoning, red pepper flakes, and garlic and cook for 1 minute. Stir in the reserved spinach and cook until warmed through, about 2 minutes. Toss in the pasta and cook until it is warmed through, about 2 minutes. At the last minute, stir in the basil, cheese, and olive oil.
- ☐ Serve immediately.

- ☐ Preheat the oven to 350 degrees F.
- ☐ In a large bowl, beat together 1 egg with a generous pinch of salt and pepper.
- ☐ Whisk in 1 tablespoon canola oil.
- ☐ Add half the spaghetti (reserve the other half for another use). Toss it well to coat and press it into a 9-inch deep dish pie pan to form a crust.
- ☐ In a skillet over medium-high heat, add the remaining oil. When it is hot, add the onion and cook until it is softened, about 5 minutes.
- ☐ Add the garlic and cook for 1 minute.
- ☐ Remove from the heat and set aside (reserve half the cooked onions for another use).
- ☐ In a large bowl, whisk together the remaining 2 eggs, milk, Italian seasoning, and salt and pepper, to taste. Stir in the cheese, spinach (reserve 3/4 cup spinach for another use), and remaining half of the cooked onions.
- ☐ Pour the mixture on top of the spaghetti pie crust, top with tomato slices, and sprinkle with Parmesan.
- ☐ Place onto a baking sheet and bake until the pie is set and golden brown, 30 to 35 minutes.
- ☐ Remove and let rest for 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:223.25, Glycemic Load:52.32, Inflammation Score:-10, Nutrition Score:71.364348038383%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 12.66mg, Quercetin: 12.66mg, Quercetin: 12.66mg, Quercetin: 12.66mg

Nutrients (% of daily need)

Calories: 1365.55kcal (68.28%), Fat: 64.01g (98.47%), Saturated Fat: 16.39g (102.41%), Carbohydrates: 145.19g (48.4%), Net Carbohydrates: 126.12g (45.86%), Sugar: 13.45g (14.94%), Cholesterol: 341.62mg (113.87%), Sodium: 1226.4mg (53.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.21g (118.42%), Vitamin K: 1253.39µg

(1193.7%), Vitamin A: 37373.96IU (747.48%), Selenium: 175.29µg (250.41%), Manganese: 4.02mg (201.08%), Folate: 611.36µg (152.84%), Vitamin B2: 1.9mg (111.98%), Vitamin E: 16.57mg (110.44%), Phosphorus: 1040.86mg (104.09%), Calcium: 1001.35mg (100.13%), Magnesium: 354.28mg (88.57%), Vitamin B6: 1.55mg (77.65%), Fiber: 19.06g (76.25%), Iron: 13.27mg (73.7%), Copper: 1.41mg (70.32%), Potassium: 2306.99mg (65.91%), Vitamin B3: 11.01mg (55.07%), Zinc: 7.83mg (52.21%), Vitamin B5: 4.43mg (44.31%), Vitamin B1: 0.66mg (44.31%), Vitamin C: 35.11mg (42.56%), Vitamin B12: 2.01µg (33.52%), Vitamin D: 2.55µg (17%)