



Spaghetti Nests

READY IN



45 min.

SERVINGS



4

CALORIES



754 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 servings butter for greasing the pans
- 1 large eggs
- 0.8 teaspoon kosher salt
- 4 servings kosher salt
- 2 cups tomatoes warmed
- 12 small mozzarella balls fresh such as ciliegine or bocconcini
- 2 tablespoons olive oil extra-virgin
- 4 servings olive oil for drizzling
- 0.3 cup parmesan grated

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- 8 ounces pasta like spaghetti
- 2 cups spinach leaves packed finely chopped
- 2 tablespoons milk whole

Equipment

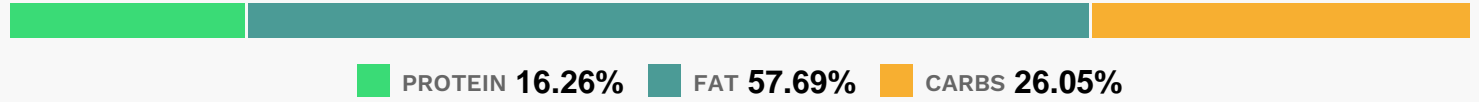
- bowl
- oven
- pot
- spatula
- springform pan
- tongs

Directions

- Watch how to make this recipe.
- Special equipment: Four 4-inch-diameter springform pans
- Place an oven rack in the center of the oven. Preheat the oven to 350 degrees F. Butter the bottom and sides of four 4-inch-diameter springform pans.
- For the pasta: Bring a large pot of salted water to a boil over high heat.
- Add the pasta and cook until tender but still firm to the bite, stirring occasionally, 8 to 10 minutes.
- Drain the pasta and place in a large bowl.
- Add the spinach, cheese, oil and 1/2 teaspoon salt. Toss well until the spinach is wilted. Set aside to cool.
- For assembly: Beat the Parmesan, milk, salt and egg together in a large bowl until smooth.
- Pour the sauce over the spaghetti mixture until well combined. Twirl 1/2 cupfuls of the spaghetti mixture around tongs or a large fork and transfer to the prepared pans. Make an indentation in the middle of each nest of pasta and drizzle with olive oil.
- Bake 15 minutes.
- Let cool 10 minutes before removing the sides from the pans.

- Remove the bottoms of the pans from the nests using a thin metal spatula.
- Spoon 1/2 cup of the marinara sauce on each of 4 serving plates.
- Place the spaghetti nests on the sauce.
- Place 3 balls of the mozzarella in each nest and serve.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:19.45, Inflammation Score:-9, Nutrition Score:23.499565031217%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 754.24kcal (37.71%), Fat: 49.51g (76.17%), Saturated Fat: 14.57g (91.08%), Carbohydrates: 50.3g (16.77%), Net Carbohydrates: 46.32g (16.84%), Sugar: 6.46g (7.18%), Cholesterol: 98.31mg (32.77%), Sodium: 1572.15mg (68.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.41g (62.81%), Vitamin K: 89.24µg (84.99%), Selenium: 44.03µg (62.9%), Calcium: 534.56mg (53.46%), Vitamin A: 2255.47IU (45.11%), Manganese: 0.79mg (39.69%), Vitamin E: 5.44mg (36.25%), Phosphorus: 282.32mg (28.23%), Potassium: 617.42mg (17.64%), Magnesium: 69.21mg (17.3%), Copper: 0.34mg (16.92%), Fiber: 3.98g (15.93%), Vitamin C: 12.79mg (15.5%), Iron: 2.78mg (15.45%), Vitamin B2: 0.26mg (15.27%), Folate: 57.38µg (14.34%), Vitamin B6: 0.27mg (13.45%), Vitamin B3: 2.35mg (11.73%), Zinc: 1.75mg (11.65%), Vitamin B5: 0.92mg (9.24%), Vitamin B1: 0.11mg (7.15%), Vitamin B12: 0.34µg (5.59%), Vitamin D: 0.41µg (2.7%)