



Spaghetti nests

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings little butter for the tin
- ☐ 140 g pasta like spaghetti
- ☐ 6 tsp tomato pasta sauce
- ☐ 6 medium eggs
- ☐ 6 basil leaves

Equipment

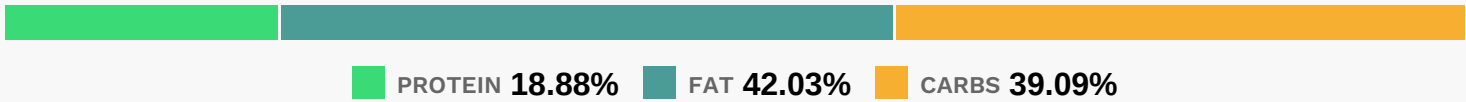
- ☐ oven
- ☐ knife

☐ muffin tray

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Butter 6 holes of a muffin tin with butter or oil. Cook the spaghetti following the pack instructions, then cool under cold running water and drain. Divide most of the spaghetti between the 6 holes, creating nest shapes. Top with tomato sauce, then crack an egg on top of each.
- ☐ Wrap the remaining spaghetti around the egg yolks and gently tap the tin to allow the egg whites to seep through the spaghetti.
- ☐ Bake for 20 mins until the egg whites are set and the yolk a little runny. Carefully remove from the tin with a blunt knife and serve, topped with basil leaves.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:7.09, Inflammation Score:-3, Nutrition Score:7.1452173979386%

Nutrients (% of daily need)

Calories: 186.61kcal (9.33%), Fat: 8.61g (13.24%), Saturated Fat: 4.01g (25.09%), Carbohydrates: 18.02g (6.01%), Net Carbohydrates: 17.19g (6.25%), Sugar: 0.97g (1.07%), Cholesterol: 174.43mg (58.14%), Sodium: 119.41mg (5.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.7g (17.4%), Selenium: 28.34µg (40.48%), Phosphorus: 133.97mg (13.4%), Vitamin B2: 0.22mg (12.96%), Manganese: 0.24mg (11.81%), Vitamin A: 404.99IU (8.1%), Vitamin B5: 0.8mg (7.97%), Vitamin B12: 0.4µg (6.67%), Folate: 25.75µg (6.44%), Iron: 1.13mg (6.3%), Zinc: 0.92mg (6.1%), Vitamin D: 0.88µg (5.87%), Vitamin B6: 0.11mg (5.68%), Copper: 0.11mg (5.32%), Magnesium: 18.74mg (4.69%), Vitamin E: 0.68mg (4.52%), Potassium: 129.77mg (3.71%), Fiber: 0.83g (3.31%), Calcium: 32.14mg (3.21%), Vitamin B1: 0.04mg (2.68%), Vitamin B3: 0.48mg (2.42%), Vitamin K: 2.3µg (2.19%)