



Spaghetti Pie

READY IN



45 min.

SERVINGS



6

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bacon crumbles cooked (such as Hormel brand)
- ☐ 8 large eggs
- ☐ 0.5 cup milk
- ☐ 0.3 cup parmesan cheese shredded finely
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 3 scallions green thinly sliced (servings only)
- ☐ 8 ounces pasta like spaghetti uncooked
- ☐ 2 tablespoons butter unsalted

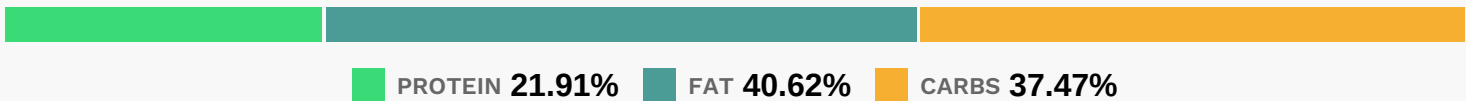
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a pot of salted water to a boil, add spaghetti and cook according to package directions, stirring often, until al dente.
- ☐ Drain pasta and rinse well with cold water.
- ☐ Preheat oven to 400F. Grease an ovenproof 9- or 10-inch skillet with about 1/2 Tbsp. butter.
- ☐ In a bowl, whisk together eggs, milk, bacon, scallion, pepper and 3 Tbsp. Parmesan.
- ☐ Add spaghetti; mix well.
- ☐ Transfer mixture to skillet, spreading evenly. Dot with remaining butter and sprinkle remaining 1 Tbsp. Parmesan on top.
- ☐ Bake for 25 to 30 minutes, until center is set and top is golden.
- ☐ Let cool for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:11.84, Inflammation Score:-4, Nutrition Score:13.608695532965%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 329.07kcal (16.45%), Fat: 14.64g (22.52%), Saturated Fat: 6.41g (40.04%), Carbohydrates: 30.39g (10.13%), Net Carbohydrates: 29.01g (10.55%), Sugar: 2.41g (2.68%), Cholesterol: 269.52mg (89.84%), Sodium: 278.37mg (12.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.77g (35.54%), Selenium: 48.95µg (69.93%), Phosphorus: 280.72mg (28.07%), Vitamin B2: 0.39mg (22.96%), Manganese: 0.39mg (19.44%), Vitamin B12: 0.83µg (13.82%), Vitamin B5: 1.36mg (13.61%), Vitamin K: 13.25µg (12.62%), Calcium: 126.11mg (12.61%), Vitamin A: 604.7IU (12.09%), Zinc: 1.81mg (12.08%), Vitamin D: 1.67µg (11.15%), Vitamin B6: 0.22mg (11.04%), Folate: 42.42µg (10.61%), Iron: 1.85mg (10.28%), Magnesium: 35.69mg (8.92%), Copper: 0.17mg (8.61%), Vitamin B1: 0.11mg (7.5%), Potassium: 260.74mg (7.45%), Vitamin B3: 1.42mg (7.09%), Vitamin E: 0.93mg (6.2%), Fiber: 1.39g (5.55%), Vitamin C: 1.13mg (1.37%)