



WHATSheATE



Spaghetti Pie with Broccoli Rabe

READY IN



45 min.

SERVINGS



6

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch broccoli rabe thick trimmed coarsely chopped
- ☐ 2.5 cups spaghetti cooked thin
- ☐ 8 large eggs lightly beaten
- ☐ 1 large garlic clove thinly sliced
- ☐ 8 oz ground sausage sweet italian hot
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 oz monterrey jack cheese italian cut into 1/3-inch cubes
- ☐ 1 tablespoon olive oil

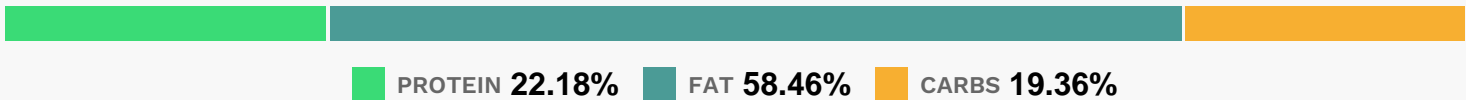
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Preheat oven to 400°F.
- ☐ Cook broccoli rabe in boiling salted water 5 minutes, then drain in a colander.
- ☐ Meanwhile, cook sausage meat in an ovenproof heavy skillet (preferably cast-iron) over moderately high heat, breaking up meat with a spoon, until browned and crisp.
- ☐ Transfer with a slotted spoon to a large bowl.
- ☐ Add oil and garlic to skillet and cook over moderate heat, stirring, until garlic is golden, about 1 minute.
- ☐ Add broccoli rabe and cook, stirring, 3 minutes.
- ☐ Add salt, then pepper to taste.
- ☐ Add to sausage with spaghetti, cheese, and eggs. Toss well and spoon mixture into skillet, spreading to smooth top.
- ☐ Bake in middle of oven until center is set but still moist, 20 to 25 minutes.
- ☐ Let stand 5 minutes before cutting into wedges.

Nutrition Facts



Properties

Glycemic Index:27.58, Glycemic Load:8.39, Inflammation Score:-7, Nutrition Score:21.220869478972%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 418.44kcal (20.92%), Fat: 26.97g (41.5%), Saturated Fat: 10.41g (65.08%), Carbohydrates: 20.09g (6.7%), Net Carbohydrates: 18.02g (6.55%), Sugar: 0.82g (0.91%), Cholesterol: 293.55mg (97.85%), Sodium: 691.31mg (30.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.03g (46.05%), Vitamin K: 86.46µg (82.34%), Selenium: 48.43µg (69.19%), Phosphorus: 331.68mg (33.17%), Vitamin A: 1493IU (29.86%), Vitamin B2: 0.5mg (29.57%), Calcium: 230.94mg (23.09%), Vitamin B1: 0.32mg (21.19%), Manganese: 0.39mg (19.41%), Iron: 3.32mg (18.47%), Folate: 73.12µg (18.28%), Vitamin B12: 1.09µg (18.24%), Zinc: 2.7mg (17.98%), Vitamin B6: 0.34mg (17.04%), Vitamin B5: 1.44mg (14.44%), Vitamin E: 1.73mg (11.54%), Vitamin C: 8.52mg (10.33%), Vitamin B3: 1.99mg (9.96%), Vitamin D: 1.45µg (9.64%), Magnesium: 37.31mg (9.33%), Potassium: 304.5mg (8.7%), Fiber: 2.08g (8.31%), Copper: 0.16mg (8%)