



## Spaghetti with Fried Eggs and Parmigiano-Reggiano

READY IN



45 min.

SERVINGS



4

CALORIES



496 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 4 large eggs
- ☐ 1 teaspoon kosher salt
- ☐ 3 ounces parmigiano-reggiano grated
- ☐ 12 ounces pasta like spaghetti
- ☐ 1 tablespoon butter unsalted european or european-style

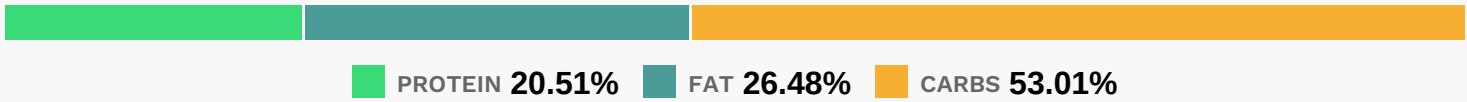
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ spatula
- ☐ kitchen scale

## Directions

- ☐ Cook the spaghetti according to the package directions.
- ☐ Drain the spaghetti, reserving about 1/2 cup of the cooking water. Return the spaghetti to the pot and add about 1/3 cup of the reserved cooking water and 1/2 the cheese. Toss until the spaghetti is coated and a creamy sauce forms, adding more cooking water if necessary. Season with 1/2 teaspoon of the salt and 1/2 teaspoon of the pepper. Divide the spaghetti among individual bowls and sprinkle with the remaining cheese.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add the butter and swirl to coat the skillet.
- ☐ Add the rosemary and heat until fragrant, 1 to 2 minutes.
- ☐ Remove and discard the rosemary. Crack the eggs into the skillet. Season with the remaining salt and pepper. Reduce heat to medium-low and cover. Cook just until the whites are set but the yolks are still runny, 2 to 3 minutes. Separate the individual eggs with a spatula. Arrange an egg on top of each mound of spaghetti.
- ☐ Sprinkle with the parsley (if using).
- ☐ Serve immediately, instructing your guests to break the yolk and toss the egg with the spaghetti.Tip: You can easily scale this recipe down to a single serving if youre on your own for dinner.

## Nutrition Facts



## Properties

Glycemic Index:25.25, Glycemic Load:25.76, Inflammation Score:-5, Nutrition Score:17.254347847856%

## Nutrients (% of daily need)

Calories: 496.41kcal (24.82%), Fat: 14.38g (22.13%), Saturated Fat: 7.09g (44.33%), Carbohydrates: 64.79g (21.6%), Net Carbohydrates: 61.98g (22.54%), Sugar: 2.63g (2.92%), Cholesterol: 207.98mg (69.33%), Sodium: 998.55mg (43.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.06g (50.12%), Selenium: 73.94µg (105.63%), Manganese: 0.85mg (42.38%), Phosphorus: 408.73mg (40.87%), Calcium: 300.47mg (30.05%), Vitamin B2: 0.35mg (20.7%), Zinc: 2.44mg (16.25%), Magnesium: 61.16mg (15.29%), Copper: 0.29mg (14.73%), Vitamin B5: 1.24mg (12.38%), Iron: 2.2mg (12.21%), Vitamin B12: 0.71µg (11.77%), Vitamin B6: 0.23mg (11.32%), Fiber: 2.82g (11.27%), Vitamin A: 525.57IU (10.51%), Folate: 40.47µg (10.12%), Potassium: 284.16mg (8.12%), Vitamin D: 1.16µg (7.73%), Vitamin B3: 1.55mg (7.73%), Vitamin B1: 0.11mg (7.03%), Vitamin E: 0.75mg (5%), Vitamin K: 1.46µg (1.39%)