



Spaghetti with Smoked Mozzarella

READY IN



45 min.

SERVINGS



4

CALORIES



360 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups asparagus sliced (1-inch)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.8 cup milk 2% reduced-fat
- ☐ 1.5 ounces parmesan cheese fresh grated
- ☐ 0.8 teaspoon salt

- ☐ 1.5 ounces mozzarella cheese smoked shredded finely
- ☐ 8 ounces pasta like spaghetti uncooked

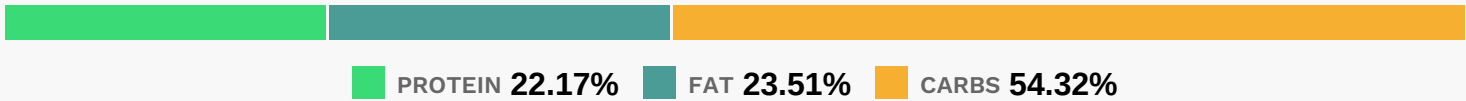
Equipment

- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Cook pasta in boiling water 7 minutes; add asparagus; cook 2 minutes or until pasta is al dente and asparagus is crisp-tender.
- ☐ Drain.
- ☐ Combine milk, salt, black pepper, eggs, and garlic in a Dutch oven, stirring with a whisk until well blended.
- ☐ Add pasta mixture; cook over medium heat for 3 minutes or until slightly thick and creamy, stirring constantly.
- ☐ Add cheeses, parsley, and red pepper; cook for 1 1/2 minutes or until cheese melts, stirring constantly.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:17.76, Inflammation Score:-8, Nutrition Score:22.196521790131%

Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 9.41mg, Quercetin: 9.41mg, Quercetin: 9.41mg, Quercetin: 9.41mg

Nutrients (% of daily need)

Calories: 359.9kcal (17.99%), Fat: 9.38g (14.43%), Saturated Fat: 4.68g (29.24%), Carbohydrates: 48.77g (16.26%),
Net Carbohydrates: 45.28g (16.46%), Sugar: 5.37g (5.96%), Cholesterol: 112.17mg (37.39%), Sodium: 739.16mg
(32.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.91g (39.82%), Vitamin K: 110.88µg (105.6%),
Selenium: 50.61µg (72.29%), Phosphorus: 349.39mg (34.94%), Manganese: 0.7mg (34.83%), Calcium: 285.5mg
(28.55%), Vitamin A: 1300.63IU (26.01%), Vitamin B2: 0.4mg (23.41%), Iron: 3.12mg (17.36%), Folate: 68.2µg (17.05%),
Copper: 0.33mg (16.55%), Zinc: 2.38mg (15.85%), Magnesium: 57.39mg (14.35%), Fiber: 3.49g (13.97%), Vitamin B12:
0.83µg (13.78%), Vitamin C: 10.96mg (13.28%), Vitamin B1: 0.19mg (12.61%), Vitamin B6: 0.24mg (12.02%),
Potassium: 413.99mg (11.83%), Vitamin B5: 1.06mg (10.64%), Vitamin B3: 1.81mg (9.05%), Vitamin E: 1.23mg (8.18%),
Vitamin D: 0.6µg (3.97%)