



WHATSheATE



Spinach-and-Herb Pastatta



Vegetarian

READY IN



105 min.

SERVINGS



8

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 oz asiago cheese shredded divided
- ☐ 2.5 tablespoons butter
- ☐ 1 tablespoon chives finely chopped
- ☐ 10 large eggs lightly beaten
- ☐ 0.3 cup parsley fresh loosely packed coarsely chopped
- ☐ 1 leaf flat parsley fresh shaved
- ☐ 2 tablespoons flour all-purpose
- ☐ 10 oz spinach frozen thawed chopped

- ☐ 1.5 cups half and half
- ☐ 2 teaspoons kosher salt
- ☐ 16 oz penne pasta
- ☐ 1 teaspoon pepper freshly ground
- ☐ 0.5 cup ricotta cheese
- ☐ 3 large shallots sliced

Equipment

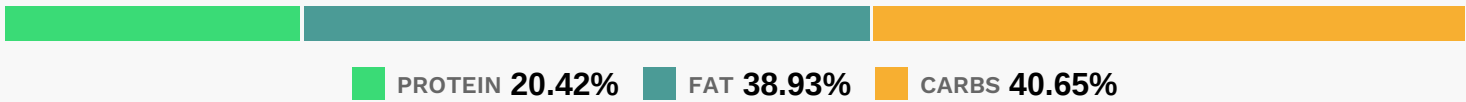
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ springform pan

Directions

- ☐ Preheat oven to 32
- ☐ Drain spinach well, pressing between paper towels.
- ☐ Prepare pasta according to package directions.
- ☐ Meanwhile, melt butter in a medium saucepan over medium heat; add shallots, and saut 5 minutes or until golden brown.
- ☐ Whisk in flour until smooth; cook 1 minute, whisking constantly. Gradually whisk in half-and-half; cook over medium heat, whisking constantly, until thickened and bubbly.
- ☐ Whisk in ricotta and 1/2 cup Asiago cheese until smooth.
- ☐ Remove from heat.
- ☐ Whisk eggs in a bowl until frothy. Fold in shallot mixture, spinach, parsley, and next 3 ingredients. Stir in cooked pasta.
- ☐ Sprinkle 1/4 cup Asiago cheese on inside rim of a lightly greased 9-inch springform pan.

- ☐ Pour pasta mixture into pan.
- ☐ Bake at 325 for 55 minutes to 1 hour and 10 minutes or until set.
- ☐ Let stand 10 minutes.
- ☐ Remove sides of pan.
- ☐ Sprinkle with remaining 1/4 cup Asiago cheese.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:18.75, Inflammation Score:-10, Nutrition Score:28.943912962209%

Flavonoids

Apigenin: 5.66mg, Apigenin: 5.66mg, Apigenin: 5.66mg, Apigenin: 5.66mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 498.61kcal (24.93%), Fat: 21.5g (33.08%), Saturated Fat: 11.19g (69.94%), Carbohydrates: 50.51g (16.84%), Net Carbohydrates: 47.16g (17.15%), Sugar: 4.78g (5.31%), Cholesterol: 275.33mg (91.78%), Sodium: 998.35mg (43.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.37g (50.74%), Vitamin K: 177.72µg (169.25%), Vitamin A: 5181.67IU (103.63%), Selenium: 64.85µg (92.64%), Manganese: 0.87mg (43.51%), Phosphorus: 425.08mg (42.51%), Calcium: 351.32mg (35.13%), Vitamin B2: 0.58mg (34.14%), Folate: 106.35µg (26.59%), Magnesium: 80.99mg (20.25%), Zinc: 2.64mg (17.6%), Iron: 3.1mg (17.2%), Vitamin B6: 0.33mg (16.34%), Vitamin B5: 1.52mg (15.2%), Copper: 0.29mg (14.55%), Vitamin B12: 0.87µg (14.54%), Potassium: 477.98mg (13.66%), Vitamin E: 2.04mg (13.58%), Fiber: 3.35g (13.41%), Vitamin B1: 0.15mg (10.26%), Vitamin D: 1.35µg (9.01%), Vitamin C: 6.82mg (8.26%), Vitamin B3: 1.47mg (7.33%)