



WHATSheATE



Spinach and Hot Ham Fake-Baked Pasta with a Crispy Top

READY IN



35 min.

SERVINGS



4

CALORIES



1287 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups percent milk whole
- ☐ 4 servings bell pepper black
- ☐ 1 cup bread crumbs plain italian
- ☐ 2 tablespoons butter
- ☐ 0.5 pound capocollo hot sliced thin
- ☐ 1 pound pasta with lines or, macaroni with line in any short cut
- ☐ 1 handful flat parsley generous finely chopped
- ☐ 3 tablespoons flour all-purpose

- ☐ 1 box pkt spinach frozen chopped
- ☐ 3 cloves garlic chopped
- ☐ 0.3 teaspoon ground pepper
- ☐ 1 pound mozzarella -- buy a piece wrapped fresh packed in water, then cut into 1/ cubes
- ☐ 3 tablespoons olive extra-virgin divided
- ☐ 1 medium onion chopped
- ☐ 1 cup parmigiano-reggiano divided grated
- ☐ 4 servings salt
- ☐ 0.5 teaspoon eyeball it freshly grated
- ☐ 0.5 teaspoon eyeball it freshly grated

Equipment

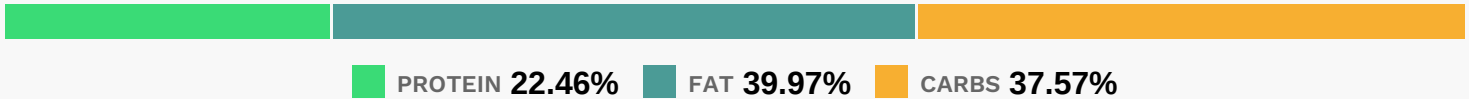
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Place a large pot of water over high heat and bring to a boil.
- ☐ Add the pasta, salt water and cook to al dente, with a bite.
- ☐ While the water is coming up to a boil for the pasta, heat a medium, deep skillet over medium heat.
- ☐ Add 1 tablespoon EVOO, 1 turn of the pan, and the butter. When butter melts into the oil, add onions and garlic and season with salt and pepper. Cook, stirring frequently, for 2 minutes then dust the onions with flour and continue to cook for 1 minute. Slowly whisk in milk. Gently bring milk to a bubble, allow the milk to thicken a bit, then stir in the capocola, spinach and 1/2 cup grated Parmigiano. Season sauce with nutmeg and cayenne and remove from the heat. Taste and add a little salt, if you like.

- ☐ Combine the cooked pasta and the cubed mozzarella with the sauce, stir to coat completely by turning over and over.
- ☐ Transfer dressed pasta to a baking dish.
- ☐ To make the breadcrumb topping, combine the breadcrumbs, 2 tablespoons of EVOO and the remaining 1/2 cup Parmigiano.
- ☐ Sprinkle the breadcrumb mixture over the top to cover the pasta from edge to edge.
- ☐ Transfer the baking dish under the broiler and broil until golden brown and crispy.
- ☐ Garnish with chopped parsley. What a gut-buster!
- ☐ Yum-o!

Nutrition Facts



Properties

Glycemic Index:93.5, Glycemic Load:38.84, Inflammation Score:-10, Nutrition Score:47.627391493839%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 1286.71kcal (64.34%), Fat: 58g (89.23%), Saturated Fat: 29.59g (184.95%), Carbohydrates: 122.67g (40.89%), Net Carbohydrates: 114.81g (41.75%), Sugar: 12.27g (13.64%), Cholesterol: 179.18mg (59.73%), Sodium: 2939.35mg (127.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 73.35g (146.69%), Vitamin K: 286.63µg (272.98%), Vitamin A: 9713.61IU (194.27%), Selenium: 112.35µg (160.5%), Calcium: 1157.84mg (115.78%), Manganese: 1.97mg (98.4%), Phosphorus: 970.53mg (97.05%), Vitamin B12: 3.46µg (57.68%), Vitamin B2: 0.95mg (55.67%), Zinc: 6.95mg (46.32%), Folate: 184.01µg (46%), Magnesium: 174.59mg (43.65%), Vitamin B1: 0.57mg (38.16%), Iron: 5.99mg (33.3%), Fiber: 7.86g (31.44%), Copper: 0.56mg (28.04%), Potassium: 853.36mg (24.38%), Vitamin B6: 0.48mg (24.19%), Vitamin B3: 4.77mg (23.84%), Vitamin E: 2.95mg (19.67%), Vitamin B5: 1.38mg (13.79%), Vitamin C: 8.24mg (9.99%), Vitamin D: 0.58µg (3.86%)