



Three-Cheese Spaghetti Gratin

READY IN



35 min.

SERVINGS



10

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups spaghetti cooked
- ☐ 4 large eggs
- ☐ 0.5 cup milk
- ☐ 1 cup panko bread crumbs
- ☐ 0.5 cup parmesan grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 3 spring onion white thinly sliced
- ☐ 1 cup mozzarella cheese shredded

- ☐ 0.5 cup swiss cheese grated
- ☐ 3 tablespoons butter unsalted cooled melted

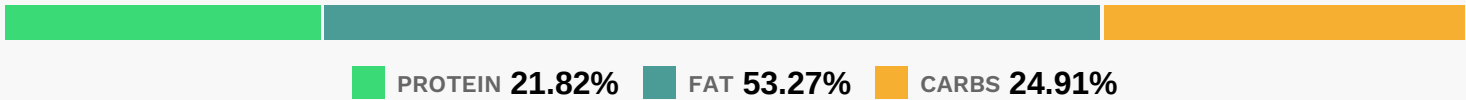
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ ceramic pie form

Directions

- ☐ Preheat oven to 375F and generously mist a 9-inch glass or ceramic pie dish with cooking spray.
- ☐ Combine spaghetti, mozzarella and Swiss cheese in a large bowl.
- ☐ Add scallions and toss to blend. In a small bowl, beat eggs with milk until blended.
- ☐ Pour over spaghetti, season with 1/2 tsp. salt and 1/4 tsp. pepper, mix well and pour into baking dish.
- ☐ Combine panko and Parmesan in a small bowl.
- ☐ Add melted butter; toss with a fork to coat crumbs.
- ☐ Spread evenly over top of spaghetti mixture and bake until golden brown on top, about 25 minutes.
- ☐ Let stand for 5 minutes.
- ☐ Cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:23.15, Glycemic Load:3.37, Inflammation Score:-3, Nutrition Score:7.4373913251835%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 198.61kcal (9.93%), Fat: 11.69g (17.98%), Saturated Fat: 6.4g (39.99%), Carbohydrates: 12.3g (4.1%), Net Carbohydrates: 11.54g (4.2%), Sugar: 1.39g (1.55%), Cholesterol: 102.16mg (34.05%), Sodium: 354.8mg (15.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.77g (21.55%), Selenium: 18.15µg (25.93%), Calcium: 206.37mg (20.64%), Phosphorus: 181.76mg (18.18%), Vitamin B12: 0.75µg (12.51%), Vitamin B2: 0.21mg (12.1%), Vitamin A: 428.47IU (8.57%), Vitamin K: 8.74µg (8.32%), Zinc: 1.22mg (8.14%), Manganese: 0.15mg (7.3%), Iron: 1.07mg (5.92%), Vitamin B1: 0.09mg (5.68%), Folate: 21.35µg (5.34%), Vitamin B5: 0.48mg (4.78%), Vitamin D: 0.67µg (4.45%), Magnesium: 17.34mg (4.33%), Vitamin B6: 0.07mg (3.7%), Copper: 0.06mg (3.03%), Fiber: 0.75g (3.02%), Vitamin B3: 0.56mg (2.8%), Vitamin E: 0.42mg (2.77%), Potassium: 95.48mg (2.73%)