



Torta di Pasta

READY IN



68 min.

SERVINGS



6

CALORIES



363 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 large eggs
- ☐ 0.8 cup fontina grated
- ☐ 0.5 cup oil-packed sun-dried tomatoes drained chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup parmesan grated
- ☐ 1.5 teaspoons salt
- ☐ 8 ounces pasta like spaghetti
- ☐ 1 tablespoon butter unsalted

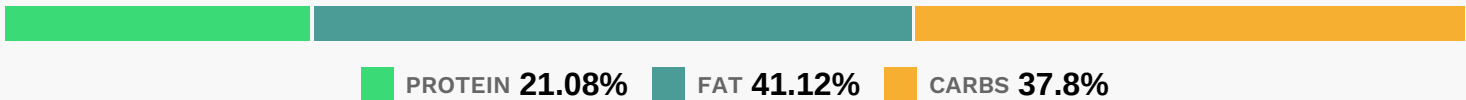
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ broiler

Directions

- ☐ Watch how to make this recipe.
- ☐ Cook the spaghetti in a large pot of boiling salted water until tender but still firm to the bite, stirring occasionally, about 8 minutes.
- ☐ Drain. Toss with the sun-dried tomatoes. Set aside to cool completely otherwise the hot pasta could curdle the eggs when you add them later on.
- ☐ In a large bowl, whisk the eggs, salt, and pepper, Parmesan, and fontina to blend.
- ☐ Add the cooled spaghetti mixture; toss to coat.
- ☐ Preheat the broiler. Melt the butter and oil in a 9 1/2-inch-diameter nonstick skillet over medium heat.
- ☐ Transfer the spaghetti mixture to the skillet, pressing to form an even layer. Cook until the bottom is golden brown, about 3 minutes.
- ☐ Transfer the skillet to the broiler. Broil until the top is golden brown, about 5 minutes. Cool in the skillet to room temperature.
- ☐ Invert the torta onto a platter.
- ☐ Cut into wedges and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:12.74, Inflammation Score:-5, Nutrition Score:13.999999937804%

Nutrients (% of daily need)

Calories: 362.51kcal (18.13%), Fat: 16.6g (25.55%), Saturated Fat: 7.93g (49.56%), Carbohydrates: 34.35g (11.45%), Net Carbohydrates: 31.97g (11.62%), Sugar: 4.94g (5.49%), Cholesterol: 156.66mg (52.22%), Sodium: 973.37mg (42.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.15g (38.3%), Selenium: 39.86µg (56.95%), Phosphorus: 314.74mg (31.47%), Calcium: 277.12mg (27.71%), Manganese: 0.55mg (27.64%), Vitamin B2: 0.3mg (17.42%), Zinc: 2.07mg (13.81%), Copper: 0.27mg (13.73%), Potassium: 469.69mg (13.42%), Magnesium: 49.97mg (12.49%), Vitamin B12: 0.73µg (12.13%), Iron: 2.08mg (11.57%), Vitamin A: 567.61IU (11.35%), Vitamin B5: 1mg (9.98%), Fiber: 2.38g (9.52%), Vitamin B6: 0.17mg (8.32%), Vitamin B3: 1.56mg (7.79%), Folate: 30.67µg (7.67%), Vitamin B1: 0.1mg (6.96%), Vitamin K: 6.56µg (6.25%), Vitamin D: 0.86µg (5.75%), Vitamin E: 0.86mg (5.71%), Vitamin C: 3.59mg (4.36%)