

Spaghetti with Spinach



Ingredients:

For 4 people-

- 400 g spaghetti (whole-wheat)
- 5 g sea salt
- 300 g spinach
- 10 g sunflower oil
- 300 g low fat curd cheese or homemade curd cheese
- 2 g pepper
- 1 g nutmeg

Preparation:

1. Cook the spaghetti in salted water. When they are done strain it.
2. Meanwhile wash the spinach, blanch it in boiling water for a few minutes, strain it and chop it.
3. Heat the oil in the pot and fry the spinach in it. Add curd cheese, salt, pepper and nutmeg.
4. Stir well altogether and spread it over the cooked spaghetti.



*Nutritional analysis in relation to GDA**

INGREDIENTS	
Spaghetti (39%), Spinach (29%), Cheese (29%), Sunflower oil (1%), Salt, Pepper, Nutmeg.	

NUTRITION INFORMATION				
Typical values	Per 100g	Per 254.8g Serving	Adult GDA	% GDA
ENERGY	736 kJ	1876 kJ		
	173 kcal	442 kcal	2000 kcal	22%
PROTEIN	9.5g	24.2g	45g	54%
CARBOHYDRATE	30.5g	77.8g	230g	34%
of which SUGARS	2.7g	6.9g	90g	8%
FAT	2.4g	6.2g	70g	9%
of which SATURATES	0.6g	1.4g	20g	7%
FIBRE	1.8g	4.5g	24g	19%
SODIUM*	0.3g	0.8g	2.4g	34%
*equivalent as SALT	0.8g	2.1g	6g	34%

**GDA: Guideline Daily Amount*