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Spaghetti with Mizithra Cheese & Browned Butter ♦♦

Spaghetti with Mizithra Cheese & Browned Butter is a classic lunch dish that originated in Italy. It is a simple yet delicious pasta dish that is loved by many. The spaghetti is cooked al dente and then tossed with browned butter and grated Mizithra cheese. The combination of the nutty browned butter and the salty cheese creates a rich and flavorful sauce that coats the pasta perfectly. This dish is best enjoyed with a glass of red wine and some crusty bread.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g spaghetti

100 g mizithra cheese

100 g butter

Directions

Step 1

Boiling

Cook the spaghetti according to package instructions. Drain and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Frying

In a large skillet, melt the butter over medium heat. Cook until the butter turns golden brown and develops a nutty aroma, about 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Stirring

Add the cooked spaghetti to the skillet with the browned butter. Toss to coat the pasta evenly.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Stirring

Grate the Mizithra cheese over the spaghetti. Toss again to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve the spaghetti with Mizithra cheese & browned butter hot. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 25 g

Protein: 15 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	150 iu	16.67%	21.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	200 mg	20%	20%
Iron	2 mg	25%	11.11%
Potassium	150 mg	4.41%	5.77%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian

French

Mediterranean

German

Middle Eastern

Kitchen Tools

Grill Slow Cooker Food Processor

Course

Salads Sauces & Dressings

Cultural

Chinese New Year

Demographics

Pregnancy Safe Lactation Friendly

Diet

Mediterranean Diet Vegetarian Diet Vegan Diet Pescatarian Diet
Ovo-Vegetarian Diet Lacto-Vegetarian Diet Lacto-Ovo Vegetarian Diet

Meal Type

Lunch

Difficulty Level

Medium

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