



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Manager's Favorite Spaghetti with Mushroom Sauce, Mizithra Cheese & Brown Butter

A delicious spaghetti recipe with a rich mushroom sauce, topped with Mizithra cheese and brown butter. This recipe is a favorite of the manager and is perfect for a hearty dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	spaghetti
200 g	Mushrooms
100 g	mizithra cheese

50 g Butter

Directions

Step 1

Boiling

Cook the spaghetti according to package instructions.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

In a separate pan, melt the butter over medium heat until it turns golden brown.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Stove

Add the mushrooms to the pan and cook until they are tender.

Prep Time: 3 mins

Cook Time: 5 mins

Step 4

Drain the cooked spaghetti and toss it with the mushroom sauce.

Prep Time: 1 mins

Cook Time: 2 mins

Step 5

Serve the spaghetti topped with Mizithra cheese and drizzle with the brown butter.

Prep Time: 1 mins

Cook Time: 1 mins

Nutrition Facts

Calories: 500 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 60 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	60 g	109.09%	120%
Fibers	5 g	13.16%	20%
Sugars	3 g	N/A	N/A
Lactose	1 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	20 g	71.43%	80%
Cholesterol	25 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	8 mg	8.89%	10.67%
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	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian

French

Japanese

Mediterranean

German

Middle Eastern

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Iron

High Calcium

Kitchen Tools

Blender

Oven

Course

Appetizers

Main Dishes

Soups

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

Visit our website: healthdor.com