



## Baked Spaghetti

READY IN



115 min.

SERVINGS



6

CALORIES



683 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 6 servings pepper black freshly ground
- 14.5 ounce canned tomatoes diced canned
- 28 ounce canned tomatoes crushed canned
- 0.3 cup flat-leaf parsley leaves fresh finely chopped
- 4 cloves garlic finely chopped
- 1.5 pounds ground beef chuck
- 6 servings kosher salt
- 2 cups onion diced
- 0.3 teaspoon oregano dried

- 1 cup bell pepper diced red stemmed seeded
- 2 cups sharp cheddar grated
- 8 ounces pasta like spaghetti thin
- 2 teaspoons sugar

## Equipment

- frying pan
- oven
- pot

## Directions

- Bring a large pot of salted water to a boil.
- Heat a second large pot over medium-high heat.
- Add the beef, 1/2 teaspoon salt and a few grinds of pepper and cook, stirring to break the meat up, until browned, about 4 minutes.
- Add the onions, bell peppers, garlic and a generous pinch of salt and pepper and cook, stirring occasionally, until tender, about 10 minutes. Stir in the crushed and diced tomatoes, sugar and oregano and bring to a boil. Reduce the heat to simmer and cook, stirring occasionally, until thickened, about 30 minutes.
- Meanwhile, cook the spaghetti for 2 minutes less than the time indicated in the package directions. Strain well. Preheat the oven to 350 degrees F.
- Cover the bottom of a 13-by-9-by-2-inch pan with a third of the sauce.
- Add half the pasta and a third of the Cheddar; repeat the layers and add the last of the sauce; reserve the last of the Cheddar.
- Bake for 30 minutes. Top with the remaining Cheddar and continue baking until it melts and the sauce bubbles, about 5 more minutes.
- Let cool in the dish for at least 10 minutes.
- Garnish with the parsley before cutting into squares.

## Nutrition Facts



■ PROTEIN 21.71% ■ FAT 47.89% ■ CARBS 30.4%

## Properties

Glycemic Index:62.18, Glycemic Load:18.27, Inflammation Score:-9, Nutrition Score:35.293913291848%

## Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 10.93mg, Quercetin: 10.93mg, Quercetin: 10.93mg, Quercetin: 10.93mg

## Nutrients (% of daily need)

Calories: 683.48kcal (34.17%), Fat: 36.79g (56.6%), Saturated Fat: 16.16g (101.02%), Carbohydrates: 52.53g (17.51%), Net Carbohydrates: 45.89g (16.69%), Sugar: 14.65g (16.28%), Cholesterol: 118.18mg (39.39%), Sodium: 788.36mg (34.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.52g (75.04%), Selenium: 53.36µg (76.23%), Vitamin C: 58.16mg (70.5%), Vitamin K: 56.77µg (54.07%), Phosphorus: 514.1mg (51.41%), Zinc: 7.4mg (49.36%), Vitamin B12: 2.83µg (47.1%), Vitamin B6: 0.91mg (45.58%), Manganese: 0.88mg (44.04%), Vitamin B3: 8.27mg (41.33%), Calcium: 385.91mg (38.59%), Vitamin A: 1800.5IU (36.01%), Potassium: 1162.42mg (33.21%), Iron: 5.81mg (32.29%), Copper: 0.6mg (29.76%), Vitamin B2: 0.5mg (29.53%), Fiber: 6.64g (26.55%), Magnesium: 100.11mg (25.03%), Vitamin E: 3.74mg (24.93%), Vitamin B1: 0.29mg (19.24%), Folate: 74.39µg (18.6%), Vitamin B5: 1.61mg (16.14%), Vitamin D: 0.34µg (2.26%)