



Baked Spaghetti

READY IN



130 min.

SERVINGS



10

CALORIES



409 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces angel hair pasta uncooked
- 2 small bay leaves
- 0.3 cup pepper black
- 2 cups tomatoes diced canned
- 1 cup cheddar grated
- 0.3 cup parsley leaves fresh chopped
- 2 cloves garlic chopped
- 0.3 cup garlic powder
- 0.5 cup bell pepper diced green

- 1.5 pounds ground beef
- 1.5 teaspoons penzey's southwest seasoning italian
- 1 cup monterey jack grated
- 0.5 cup onion diced
- 1 cup salt
- 1.5 teaspoons seasoning salt
- 1.5 teaspoons sugar
- 2 cups tomato sauce
- 1 cup water

Equipment

- frying pan
- oven
- pot

Directions

- Preheat the oven to 350 degrees F.
- In a stockpot, combine the tomatoes, tomato sauce, water, onions, peppers, garlic, parsley, seasoning mixtures, sugar, and bay leaves. Bring to a boil over high heat, and then reduce the heat and let simmer, covered, for 1 hour. Crumble the ground beef in a large skillet. Cook over medium-high heat until fully cooked, with no pink color remaining.
- Drain the fat from the meat, and then add the ground beef to the stockpot. Simmer for 20 more minutes. Cook the pasta according to the package directions. Cover the bottom of a 13 by 9 by 2-inch pan with sauce.
- Add a layer of pasta and then a little less than 1/2 of each cheese; repeat the layers, ending with the sauce.
- Bake in the oven for 30 minutes. Top the casserole with the remaining cheese, return it to the oven, and continue to cook until the cheese is melted and bubbly, about 5 more minutes.
- Cut into squares before serving.
- Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts

PROTEIN 22.02% FAT 47.06% CARBS 30.92%

Properties

Glycemic Index:35.21, Glycemic Load:9.34, Inflammation Score:-6, Nutrition Score:21.109999900279%

Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 408.85kcal (20.44%), Fat: 21.71g (33.41%), Saturated Fat: 9.75g (60.95%), Carbohydrates: 32.1g (10.7%), Net Carbohydrates: 27.67g (10.06%), Sugar: 4.92g (5.46%), Cholesterol: 69.66mg (23.22%), Sodium: 12163.19mg (528.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.86g (45.72%), Manganese: 1.2mg (59.87%), Selenium: 31.6µg (45.14%), Vitamin K: 41.33µg (39.36%), Phosphorus: 314.54mg (31.45%), Zinc: 4.43mg (29.52%), Vitamin B12: 1.67µg (27.83%), Vitamin B6: 0.52mg (26.18%), Calcium: 252.45mg (25.25%), Iron: 3.92mg (21.79%), Vitamin B3: 4.3mg (21.52%), Vitamin C: 16.75mg (20.3%), Potassium: 678.81mg (19.39%), Fiber: 4.43g (17.71%), Vitamin B2: 0.29mg (17.27%), Copper: 0.34mg (17.05%), Magnesium: 60.8mg (15.2%), Vitamin A: 661.29IU (13.23%), Vitamin E: 1.65mg (10.98%), Vitamin B5: 0.87mg (8.74%), Vitamin B1: 0.13mg (8.74%), Folate: 30.6µg (7.65%), Vitamin D: 0.2µg (1.36%)