



Baked Spaghetti

READY IN



80 min.

SERVINGS



12

CALORIES



290 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 slices bacon cut into 1/2-inch pieces
- ☐ 1 bell pepper chopped
- ☐ 2.3 ounce olives black drained sliced canned
- ☐ 43.5 ounce tomatoes diced with liquid canned
- ☐ 5 ounces cheddar grated
- ☐ 12 ounces pasta like spaghetti cooked drained thin
- ☐ 10 ounce cream of mushroom soup canned
- ☐ 1 clove garlic minced
- ☐ 1 pound ground beef drained

- ☐ 1 medium onion chopped
- ☐ 1 tablespoons oregano dried
- ☐ 0.3 cup parmesan grated

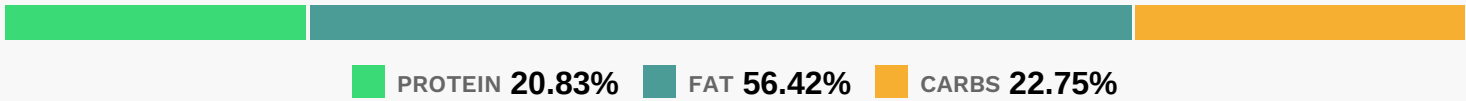
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Grease a 9-by-13-by-2-inch baking dish with cooking spray.
- ☐ In a large skillet, cook the bacon until slightly crisp. With a slotted spoon, transfer the bacon to a paper-towel-lined plate to drain.
- ☐ Saute the garlic, onion and bell pepper in the bacon drippings until tender.
- ☐ Add the tomatoes, olives, oregano, bacon and the cooked ground beef and simmer, uncovered, for 10 minutes.
- ☐ Place half of the spaghetti in the prepared baking dish; top with half of the vegetable-beef mixture; and sprinkle with 1 cup of the cheddar. Repeat the layers. In a bowl, stir together the cream of mushroom soup and 1/4 cup water until smooth, and pour this over the casserole.
- ☐ Sprinkle with the Parmesan and bake, uncovered, for 30 to 35 minutes, or until heated through.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:4.43, Inflammation Score:-7, Nutrition Score:12.66521735295%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 290.34kcal (14.52%), Fat: 18.32g (28.18%), Saturated Fat: 7.45g (46.56%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 14.31g (5.2%), Sugar: 3.51g (3.9%), Cholesterol: 48.51mg (16.17%), Sodium: 607.34mg (26.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.22g (30.43%), Vitamin C: 23.02mg (27.9%), Selenium: 19.44µg (27.77%), Phosphorus: 193.39mg (19.34%), Zinc: 2.81mg (18.7%), Vitamin B12: 1.05µg (17.53%), Vitamin B6: 0.35mg (17.39%), Calcium: 162.99mg (16.3%), Vitamin B3: 3.25mg (16.26%), Manganese: 0.3mg (14.79%), Iron: 2.59mg (14.36%), Vitamin B2: 0.21mg (12.59%), Vitamin A: 597.61IU (11.95%), Potassium: 413.09mg (11.8%), Copper: 0.19mg (9.69%), Vitamin E: 1.45mg (9.66%), Fiber: 2.31g (9.23%), Magnesium: 33.79mg (8.45%), Vitamin B1: 0.12mg (7.96%), Vitamin K: 7.17µg (6.83%), Folate: 24.59µg (6.15%), Vitamin B5: 0.56mg (5.56%), Vitamin D: 0.16µg (1.09%)