



 5%
HEALTH SCORE

Baked Spaghetti

READY IN



50 min.

SERVINGS



12

CALORIES



279 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon butter
- 28 ounces tomatoes diced undrained canned
- 10 ounces cream of mushroom soup undiluted canned
- 12 ounces spaghetti cooked drained
- 1 cup bell pepper green chopped
- 1 pound ground beef drained
- 4 ounces mushrooms drained canned
- 2.3 ounces olives ripe drained sliced canned
- 1 cup onion chopped

- 2 teaspoons oregano dried
- 0.3 cup parmesan cheese grated
- 8 ounces cheddar cheese shredded
- 0.3 cup water

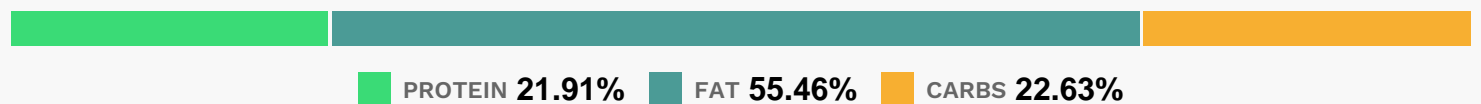
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- In a large skillet, saute onion and green pepper in butter until tender.
- Add the tomatoes, mushrooms, olives, oregano.
- Add ground beef if desired. Simmer, uncovered, for 10 minutes.
- Place half of the spaghetti in a greased 13-in. x 9-in. baking dish.
- Layer with half of the vegetable mixture and 1 cup of cheddar cheese. Repeat layers.
- In a small bowl, combine soup and water until smooth; pour over casserole.
- Sprinkle with Parmesan cheese.
- Bake, uncovered, at 350° for 30–35 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:4.5, Inflammation Score:-6, Nutrition Score:11.924782742625%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg,

Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 279.19kcal (13.96%), Fat: 17.33g (26.66%), Saturated Fat: 7.93g (49.55%), Carbohydrates: 15.91g (5.3%), Net Carbohydrates: 13.84g (5.03%), Sugar: 2.89g (3.21%), Cholesterol: 51.24mg (17.08%), Sodium: 539.89mg (23.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.4g (30.8%), Selenium: 20.32µg (29.03%), Phosphorus: 210.82mg (21.08%), Vitamin C: 17.33mg (21%), Zinc: 2.96mg (19.74%), Calcium: 195.38mg (19.54%), Vitamin B12: 1.08µg (18.02%), Vitamin B2: 0.25mg (14.72%), Vitamin B6: 0.29mg (14.62%), Vitamin B3: 2.85mg (14.25%), Manganese: 0.27mg (13.7%), Iron: 2.21mg (12.27%), Potassium: 365mg (10.43%), Copper: 0.2mg (10.2%), Fiber: 2.07g (8.27%), Magnesium: 31.27mg (7.82%), Vitamin A: 386.71IU (7.73%), Vitamin E: 1.11mg (7.43%), Vitamin B5: 0.61mg (6.05%), Vitamin K: 6.29µg (5.99%), Vitamin B1: 0.09mg (5.67%), Folate: 22.04µg (5.51%), Vitamin D: 0.18µg (1.2%)