



## Baked Spaghetti Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



553 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup catsup
- 1 teaspoon chili powder
- 16 oz spaghetti cooked
- 10.8 oz cream of mushroom soup canned
- 1.5 pounds ground beef
- 1 onion chopped
- 6 servings salt and pepper to taste
- 1 cup cheddar cheese shredded
- 10.8 oz canned tomatoes canned

1.3 cups water

## Equipment

oven

baking pan

## Directions

Brown ground beef and onion; drain.

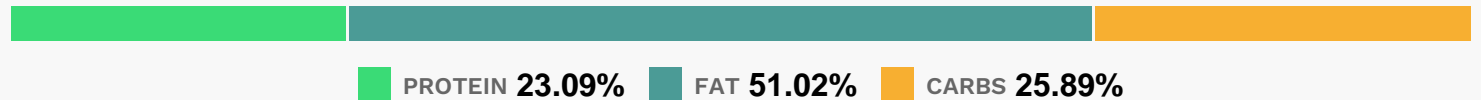
Add salt, pepper, chili powder, soups and water; simmer 30 minutes.

Place cooked spaghetti in an ungreased 13"x9" baking pan; top with beef mixture, stirring to combine.

Spread catsup over top and sprinkle with cheese.

Bake at 350 degrees for 20 to 30 minutes, until bubbly.

## Nutrition Facts



## Properties

Glycemic Index:23.42, Glycemic Load:12.2, Inflammation Score:-5, Nutrition Score:20.043478209039%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

## Nutrients (% of daily need)

Calories: 553.29kcal (27.66%), Fat: 31.23g (48.04%), Saturated Fat: 13.1g (81.86%), Carbohydrates: 35.66g (11.89%), Net Carbohydrates: 32.77g (11.92%), Sugar: 6.36g (7.07%), Cholesterol: 101.89mg (33.96%), Sodium: 950.46mg (41.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.8g (63.6%), Selenium: 42.86µg (61.22%), Vitamin B12: 2.71µg (45.13%), Zinc: 6.59mg (43.91%), Phosphorus: 350.04mg (35%), Vitamin B3: 6.43mg (32.17%), Vitamin B6: 0.56mg (28.14%), Manganese: 0.55mg (27.25%), Iron: 4.36mg (24.21%), Vitamin B2: 0.35mg (20.77%), Copper: 0.38mg (18.77%), Calcium: 187.07mg (18.71%), Potassium: 637.54mg (18.22%), Magnesium: 56.25mg (14.06%), Fiber: 2.9g (11.58%), Vitamin E: 1.61mg (10.75%), Vitamin B5: 1mg (10.01%), Vitamin A: 465.51IU (9.31%), Vitamin B1: 0.13mg (8.56%), Folate: 32.12µg (8.03%), Vitamin C: 6.58mg (7.97%), Vitamin K: 6.01µg (5.72%), Vitamin D: 0.23µg (1.51%)