



 **16%**  
HEALTH SCORE

## Baked Spaghetti (Cheesy & Spicy)

READY IN



70 min.

SERVINGS



10

CALORIES



516 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 tablespoon butter
- 14.5 ounce canned tomatoes diced canned
- 12 ounces spaghetti cooked drained
- 21.5 ounce cream of mushroom soup canned
- 1.5 tablespoons basil dried
- 8 ounces mushrooms fresh sliced
- 8 ounces mushrooms fresh sliced
- 4 garlic clove minced
- 0.5 cup bell pepper green chopped

- 0.1 teaspoon pepper fresh
- 1 lb ground beef lean (browned)
- 4 ounce olives ripe drained sliced canned
- 1 cup onion
- 1.5 tablespoons oregano dried
- 10 servings paprika
- 1 cup parmesan shredded
- 0.5 cup bell pepper sweet red chopped
- 20 ounce canned tomatoes diced canned (If you like it spicier, use 3 cans of Rotel and leave out the tomatoes. That is what I did when)
- 1 teaspoon salt
- 2 cups cheddar cheese shredded
- 2 cups mexican blend cheese shredded (Monterey Jack, Cheddar, Queso Quesadilla & Asadero cheese combination)
- 0.5 cup water

## Equipment

- oven

## Directions

- Saute onion, peppers and garlic in 1 tablespoon of butter over medium heat until tender.
- Add tomatoes, mushrooms, olives, hamburger meat, basil, oregano, salt and pepper and simmer for 10-15 minutes.
- Place 1/2 of the spaghetti in a greased 13x9x3 inch dish. Top with half the meat sauce mixture.
- Sprinkle with 2 cups of Fiesta Blend Cheese. Repeat layers. After second layer of cheddar cheese, sprinkle all the parmesan cheese on top.
- Mix soup with water and pour over casserole. I used my finger to spread evenly so not to disturb the cheese.
- Sprinkle with paprika to garnish.

Bake uncovered at 350 degrees for 35–40 minutes or until heated through. NOTE: I believe because of all the cheese in this recipe, there is extra liquid/water after the spaghetti is cut and allowed to sit. Don't worry about it. When the remaining dish is stored, just drain off extra liquid. It does not affect the taste of the recipe.

## Nutrition Facts

**PROTEIN 29.33%** **FAT 50.72%** **CARBS 19.95%**

### Properties

Glycemic Index:40.55, Glycemic Load:6.83, Inflammation Score:-9, Nutrition Score:25.632608652115%

### Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

### Nutrients (% of daily need)

Calories: 516.33kcal (25.82%), Fat: 29.73g (45.74%), Saturated Fat: 16.49g (103.08%), Carbohydrates: 26.31g (8.77%), Net Carbohydrates: 21.57g (7.84%), Sugar: 5.89g (6.55%), Cholesterol: 114.21mg (38.07%), Sodium: 1491.63mg (64.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.69g (77.37%), Calcium: 701.95mg (70.19%), Selenium: 30.59µg (43.71%), Phosphorus: 382.83mg (38.28%), Vitamin A: 1802.51IU (36.05%), Vitamin C: 27.13mg (32.89%), Zinc: 4.91mg (32.73%), Manganese: 0.63mg (31.57%), Vitamin B2: 0.54mg (31.49%), Vitamin B3: 6.19mg (30.94%), Vitamin B6: 0.55mg (27.5%), Iron: 4.78mg (26.56%), Copper: 0.52mg (26.19%), Vitamin B12: 1.49µg (24.89%), Potassium: 779.83mg (22.28%), Vitamin K: 22.53µg (21.45%), Fiber: 4.74g (18.96%), Vitamin E: 2.64mg (17.6%), Magnesium: 64.24mg (16.06%), Vitamin B5: 1.57mg (15.68%), Vitamin B1: 0.17mg (11.34%), Folate: 44.2µg (11.05%), Vitamin D: 0.32µg (2.14%)