



WHATSheATE



Baked Spaghetti III



Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



407 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 ounce olives black drained canned
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 cloves garlic minced
- ☐ 1 bell pepper green sliced in rings
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon ground pepper black
- ☐ 0.3 cup catsup
- ☐ 0.3 cup olive oil

- ☐ 3 onions chopped
- ☐ 1 pinch salt
- ☐ 2 cups mozzarella cheese shredded divided
- ☐ 1 pound pasta like spaghetti
- ☐ 1 tablespoon tomato paste
- ☐ 4 4 tomatoes juiced
- ☐ 1 cup water

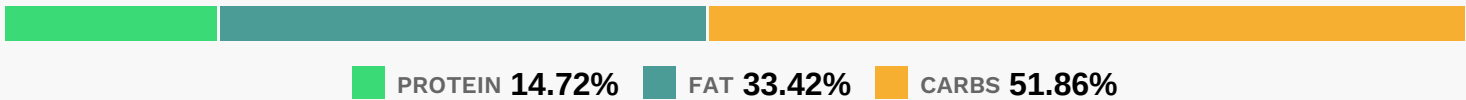
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large skillet over medium heat, heat olive oil.
- ☐ Saute garlic and onions in oil until tender. Stir in tomato paste, black pepper, cumin, thyme, tomato juice, water, ketchup and salt. Reduce heat to low, and simmer 15 minutes.
- ☐ While sauce is simmering, bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Stir the cooked pasta into the sauce. Stir in 1 cup of the shredded mozzarella.
- ☐ Pour all into a 9x13 inch baking dish. Top with the remaining mozzarella, sliced olives and bell pepper.
- ☐ Bake in preheated oven 20 to 30 minutes, until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:18.95, Inflammation Score:-8, Nutrition Score:15.253478319749%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 9.14mg, Quercetin: 9.14mg, Quercetin: 9.14mg, Quercetin: 9.14mg

Nutrients (% of daily need)

Calories: 407.09kcal (20.35%), Fat: 15.23g (23.43%), Saturated Fat: 4.97g (31.08%), Carbohydrates: 53.19g (17.73%), Net Carbohydrates: 49.19g (17.89%), Sugar: 7.42g (8.25%), Cholesterol: 22.12mg (7.37%), Sodium: 385.65mg (16.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.09g (30.18%), Selenium: 41.16µg (58.8%), Manganese: 0.75mg (37.29%), Vitamin C: 24.5mg (29.7%), Phosphorus: 242.91mg (24.29%), Calcium: 184.07mg (18.41%), Vitamin A: 863.63IU (17.27%), Fiber: 4g (15.99%), Vitamin K: 14.02µg (13.35%), Copper: 0.26mg (13.24%), Magnesium: 52.72mg (13.18%), Vitamin E: 1.97mg (13.13%), Vitamin B6: 0.25mg (12.65%), Zinc: 1.87mg (12.49%), Potassium: 435.95mg (12.46%), Vitamin B12: 0.64µg (10.64%), Vitamin B2: 0.16mg (9.34%), Iron: 1.68mg (9.33%), Vitamin B3: 1.69mg (8.44%), Folate: 32.28µg (8.07%), Vitamin B1: 0.12mg (7.81%), Vitamin B5: 0.42mg (4.2%)