

## Baked Spaghetti Pie

READY IN



55 min.

SERVINGS



8

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 8 ounces spaghetti cooked
- ☐ 2 eggs
- ☐ 0.5 teaspoon garlic salt
- ☐ 1 pound ground beef
- ☐ 1 cup cup heavy whipping cream
- ☐ 1 cup milk 2%
- ☐ 0.5 cup parmesan grated
- ☐ 26 ounces pasta sauce
- ☐ 1.5 cup mozzarella cheese shredded

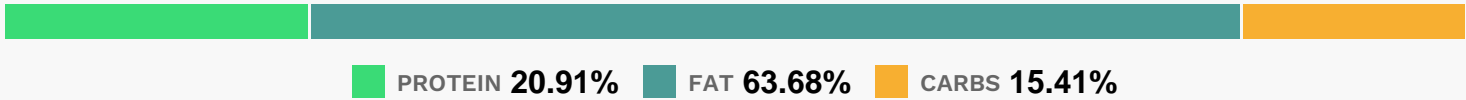
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

# Directions

- ☐ Heat oven to 350 degrees, place rack in center of oven and lightly coat a deep 9x13 baking dish with nonstick cooking spray.Brown ground beef in skillet, stirring occasionally and breaking up the meat, until the meat is cooked through, 5-7 minutes.
- ☐ Remove the skillet from the heat and drain the excess grease, if any.
- ☐ Add pasta sauce to meat and set aside (no need to heat sauce).
- ☐ Place cooked spaghetti in baking dish and sprinkle Parmesan evenly over the top.In a small bowl whisk eggs and add cream, milk, garlic salt, to combine.
- ☐ Pour egg mixture over the Parmesan and noodles.
- ☐ Pour meat sauce over the top and spread evenly if needed, then sprinkle with mozzarella.
- ☐ Bake 45-50 minutes until cheese browns and sauce bubbles.
- ☐ Let sit for 10 minutes before serving.

# Nutrition Facts



# Properties

Glycemic Index:18.44, Glycemic Load:5.75, Inflammation Score:-7, Nutrition Score:15.601304199385%

# Nutrients (% of daily need)

Calories: 430.05kcal (21.5%), Fat: 30.56g (47.01%), Saturated Fat: 15.78g (98.65%), Carbohydrates: 16.64g (5.55%), Net Carbohydrates: 14.75g (5.36%), Sugar: 6.11g (6.79%), Cholesterol: 137.99mg (46%), Sodium: 889.65mg (38.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.58g (45.16%), Selenium: 26.53µg (37.89%), Vitamin

B12: 2.07µg (34.48%), Phosphorus: 314.79mg (31.48%), Calcium: 266.42mg (26.64%), Zinc: 3.86mg (25.72%),  
Vitamin B2: 0.39mg (22.97%), Vitamin A: 1116.54IU (22.33%), Vitamin B3: 3.52mg (17.58%), Vitamin B6: 0.34mg  
(17.06%), Potassium: 545.69mg (15.59%), Iron: 2.72mg (15.11%), Vitamin E: 2.03mg (13.52%), Manganese: 0.21mg  
(10.55%), Magnesium: 42.16mg (10.54%), Vitamin B5: 1.01mg (10.09%), Copper: 0.19mg (9.31%), Vitamin C: 6.69mg  
(8.11%), Fiber: 1.89g (7.57%), Folate: 23.99µg (6%), Vitamin D: 0.87µg (5.79%), Vitamin B1: 0.08mg (5.52%), Vitamin  
K: 5.23µg (4.98%)