



## Basic Baked Spaghetti

READY IN



50 min.

SERVINGS



6

CALORIES



453 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.8 pound ground beef lean
- 1 cup mild cheddar cheese shredded
- 1 pound pasta like spaghetti
- 16 ounce pasta sauce

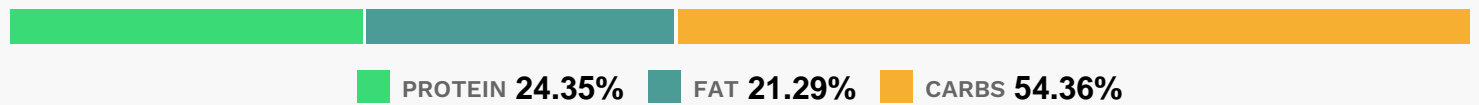
### Equipment

- frying pan
- oven
- pot

## Directions

- Preheat oven to 350 degrees F (175 degrees C). In large skillet, cook hamburger until brown.
- Mix spaghetti sauce into skillet. Reduce heat and simmer.
- Meanwhile, bring a large pot of lightly salted water to a boil.
- Mix in pasta and cook for 8 to 10 minutes or until al dente; drain.
- Mix together spaghetti and meat mixture, pour into 9x13 pan. Top with cheese and bake for 30 minutes, or until heated through and cheese is bubbly.

## Nutrition Facts



## Properties

Glycemic Index:19, Glycemic Load:24.11, Inflammation Score:-6, Nutrition Score:19.120434911355%

## Nutrients (% of daily need)

Calories: 453.13kcal (22.66%), Fat: 10.61g (16.32%), Saturated Fat: 5.13g (32.08%), Carbohydrates: 60.92g (20.31%), Net Carbohydrates: 57.37g (20.86%), Sugar: 4.77g (5.3%), Cholesterol: 53.99mg (18%), Sodium: 523.47mg (22.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.29g (54.59%), Selenium: 63.43µg (90.61%), Manganese: 0.78mg (39.08%), Phosphorus: 361.81mg (36.18%), Zinc: 4.81mg (32.06%), Vitamin B3: 5.16mg (25.8%), Vitamin B12: 1.47µg (24.49%), Vitamin B6: 0.42mg (20.83%), Copper: 0.36mg (17.76%), Potassium: 603.79mg (17.25%), Magnesium: 68.97mg (17.24%), Iron: 3.09mg (17.16%), Calcium: 164.71mg (16.47%), Vitamin B2: 0.27mg (15.81%), Fiber: 3.55g (14.21%), Vitamin A: 516.05IU (10.32%), Vitamin B5: 1mg (10.01%), Vitamin E: 1.47mg (9.81%), Vitamin B1: 0.11mg (7.66%), Folate: 27.2µg (6.8%), Vitamin C: 5.29mg (6.41%), Vitamin K: 2.81µg (2.68%), Vitamin D: 0.17µg (1.13%)