



Beef and Cheese-Filled Spaghetti Pie

READY IN



45 min.

SERVINGS



10

CALORIES



979 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounces spaghetti cooked drained
- 1 teaspoon parsley dried
- 1 egg whites
- 1 egg yolk
- 0.5 pound ground beef lean
- 0.3 cup parmesan cheese grated
- 9 inch pie crust dough
- 0.8 cup ricotta cheese
- 1 cup mozzarella cheese shredded

1.3 cups tomato basil sauce classico®

Equipment

bowl

frying pan

oven

aluminum foil

Directions

Preheat oven to 375 degrees F (190 degrees C).

In a medium size bowl, combine spaghetti, egg white and Parmesan cheese.

Place mixture into a 9 inch pie shell.

In a skillet over medium heat, cook beef until browned.

Add pasta sauce, stirring, and cook for 5 more minutes. Set aside.

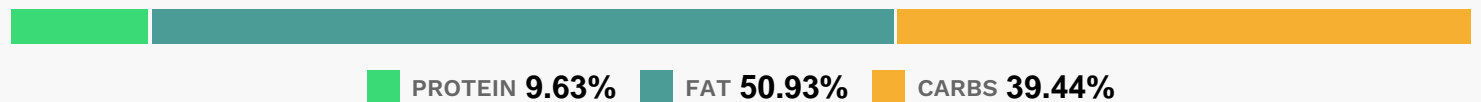
In a medium size bowl combine egg yolk, ricotta, parsley and 1/2 cup of the mozzarella.

Spread cheese mixture over spaghetti mixture in pie shell, spread meat sauce over cheese mixture and top with remaining 1/2 cup of mozzarella.

Cover pie with foil and bake at 375 degrees F (190 degrees C) for 35 minutes, removing foil during the last 10 minutes of cooking.

Let stand before serving.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:2.62, Inflammation Score:-5, Nutrition Score:18.08956519158%

Flavonoids

Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 979.18kcal (48.96%), Fat: 54.93g (84.5%), Saturated Fat: 18.99g (118.69%), Carbohydrates: 95.71g (31.9%), Net Carbohydrates: 90.4g (32.87%), Sugar: 1.42g (1.58%), Cholesterol: 54.74mg (18.25%), Sodium: 960.16mg (41.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.36g (46.72%), Manganese: 0.86mg (43.11%), Selenium: 26.07µg (37.25%), Vitamin B1: 0.52mg (34.51%), Folate: 134.31µg (33.58%), Iron: 5.72mg (31.76%), Vitamin B3: 6.21mg (31.06%), Phosphorus: 282.05mg (28.21%), Vitamin B2: 0.45mg (26.37%), Fiber: 5.31g (21.24%), Zinc: 2.78mg (18.54%), Calcium: 169.61mg (16.96%), Vitamin B12: 0.91µg (15.16%), Vitamin K: 13.88µg (13.21%), Vitamin B6: 0.21mg (10.43%), Magnesium: 40.96mg (10.24%), Vitamin B5: 1.02mg (10.2%), Potassium: 351.85mg (10.05%), Copper: 0.18mg (8.9%), Vitamin E: 1.01mg (6.72%), Vitamin A: 309.02IU (6.18%), Vitamin D: 0.22µg (1.46%)