



Beef and Spaghetti Pie

READY IN



65 min.

SERVINGS



7

CALORIES



681 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce cream cheese
- 7 servings garlic powder to taste
- 0.5 cup bell pepper green chopped
- 0.5 cup green onions chopped
- 0.3 teaspoon ground pepper black
- 1 pound ground beef lean
- 0.3 teaspoon salt
- 1.5 cups cheddar cheese shredded
- 0.8 cup cup heavy whipping cream sour

- 1 pound pasta like spaghetti
- 26 ounces tomato basil sauce classico®

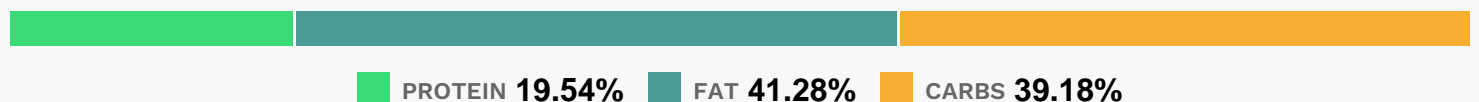
Equipment

- bowl
- frying pan
- oven
- pot
- baking pan

Directions

- 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.
- Preheat oven to 350 degrees F (175 degrees C).
- In a skillet over medium heat, brown the ground beef.
- Drain and crumble. Put crumbled beef in skillet. Stir in salt, pepper, garlic powder, bell pepper and pasta sauce. Bring to a boil; reduce heat and simmer for 20 minutes.
- In a small bowl combine sour cream, green onions and cream cheese and set aside. Coat a 9x13 inch baking dish with cooking spray and add the cooked spaghetti.
- Spread the cream cheese mixture over it, add the meat mixture and sprinkle with Cheddar Cheese.
- Cover and bake for 25 minutes. Uncover and bake for 5 more minutes until the cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:20.34, Inflammation Score:-8, Nutrition Score:23.213913000148%

Flavonoids

Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 680.5kcal (34.03%), Fat: 30.96g (47.63%), Saturated Fat: 15.74g (98.39%), Carbohydrates: 66.1g (22.03%), Net Carbohydrates: 60g (21.82%), Sugar: 11.95g (13.27%), Cholesterol: 111.65mg (37.22%), Sodium: 796.64mg (34.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.97g (65.94%), Selenium: 63.54µg (90.77%), Phosphorus: 432.37mg (43.24%), Zinc: 5.48mg (36.51%), Manganese: 0.67mg (33.62%), Vitamin A: 1574.05IU (31.48%), Vitamin B12: 1.83µg (30.52%), Calcium: 289.59mg (28.96%), Potassium: 872.97mg (24.94%), Fiber: 6.1g (24.39%), Vitamin B3: 4.84mg (24.2%), Vitamin B6: 0.47mg (23.45%), Vitamin B2: 0.38mg (22.29%), Iron: 3.41mg (18.92%), Vitamin C: 15.21mg (18.44%), Vitamin K: 17.59µg (16.75%), Magnesium: 65.44mg (16.36%), Copper: 0.29mg (14.27%), Vitamin B5: 1.1mg (11.02%), Vitamin B1: 0.13mg (8.49%), Folate: 31.44µg (7.86%), Vitamin E: 0.91mg (6.04%), Vitamin D: 0.21µg (1.4%)