



Burger-Bean Spaghetti Pie

READY IN



65 min.

SERVINGS



6

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 oz pasta like spaghetti uncooked
- ☐ 1 eggs
- ☐ 0.3 cup butter melted
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 teaspoon chili powder
- ☐ 1 lb ground beef lean
- ☐ 0.3 cup onion chopped
- ☐ 15.5 oz chili beans sauce undrained canned
- ☐ 14.5 oz canned tomatoes diced with mild green chiles, undrained canned

☐ 1 cup monterrey jack cheese shredded hot

☐ 1 cup cheddar cheese shredded

Equipment

☐ bowl

☐ frying pan

☐ sauce pan

☐ oven

☐ pie form

Directions

☐ Cook spaghetti to desired doneness as directed on package.

☐ Drain.

☐ Meanwhile, heat oven to 350°F. Spray 9 1/2-inch deep-dish pie pan with nonstick cooking spray.

☐ Beat egg in large bowl.

☐ Add butter, Parmesan cheese and chili powder; mix well.

☐ Add cooked spaghetti; toss to coat. Spoon mixture evenly into sprayed pie pan, pushing mixture slightly up sides of pan to form crust.

☐ In large saucepan, cook ground beef and onion over medium heat until beef is thoroughly cooked, stirring frequently.

☐ Drain.

☐ Add chili beans and tomatoes; cook 2 minutes or until thoroughly heated, stirring occasionally.

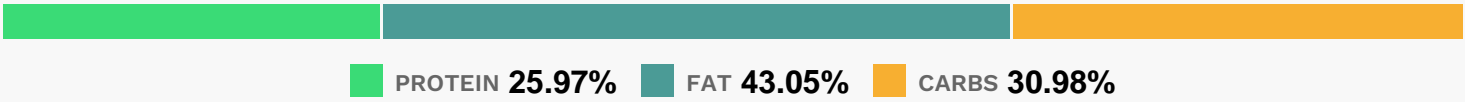
☐ Add hot pepper Monterey Jack cheese and 1/2 cup of the Cheddar cheese; mix well. Spoon evenly into spaghetti-lined pie pan. Top with remaining 1/2 cup Cheddar cheese.

☐ Bake at 350°F. for 20 to 25 minutes or until filling is set and crust is light golden brown.

☐ Let stand 10 minutes before serving.

☐ Cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:11.63, Inflammation Score:-7, Nutrition Score:25.139565198318%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 571.63kcal (28.58%), Fat: 27.29g (41.99%), Saturated Fat: 15.1g (94.39%), Carbohydrates: 44.19g (14.73%), Net Carbohydrates: 38.53g (14.01%), Sugar: 8.24g (9.16%), Cholesterol: 134.91mg (44.97%), Sodium: 1083.63mg (47.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.05g (74.11%), Selenium: 47.87µg (68.39%), Phosphorus: 571.73mg (57.17%), Zinc: 7.59mg (50.6%), Calcium: 391.52mg (39.15%), Vitamin B12: 2.21µg (36.88%), Vitamin B6: 0.7mg (35.2%), Vitamin B2: 0.5mg (29.67%), Vitamin B3: 5.9mg (29.52%), Iron: 4.87mg (27.08%), Potassium: 934.23mg (26.69%), Copper: 0.49mg (24.47%), Magnesium: 95.17mg (23.79%), Manganese: 0.46mg (23.06%), Fiber: 5.67g (22.66%), Vitamin A: 912.61IU (18.25%), Vitamin E: 1.9mg (12.68%), Folate: 50.45µg (12.61%), Vitamin B5: 1.09mg (10.88%), Vitamin B1: 0.16mg (10.57%), Vitamin C: 8.04mg (9.75%), Vitamin K: 6.26µg (5.97%), Vitamin D: 0.48µg (3.17%)