



Cheeseburger Spaghetti Pie

READY IN



60 min.

SERVINGS



6

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 oz pasta like spaghetti uncooked
- ☐ 1 eggs
- ☐ 1 tablespoon mustard prepared
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.5 cup onion chopped (1 medium)
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.5 cup oz. bacon into pieces cooked
- ☐ 15 oz tomato sauce italian-style canned
- ☐ 1 cup cheddar cheese shredded finely

☐ 9 slices dill pickles

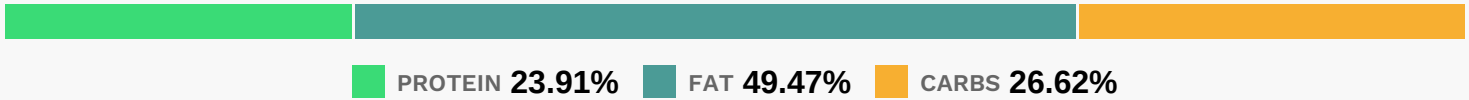
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pie form

Directions

- ☐ Heat oven to 350°F. Spray 9 1/2-inch deep-dish or 10-inch glass pie pan with nonstick cooking spray. Cook vermicelli as directed on package.
- ☐ Drain.
- ☐ In large bowl, beat egg and mustard until blended.
- ☐ Add cooked vermicelli; toss to coat evenly. Spoon mixture into sprayed pie pan, pushing mixture up sides of pan to form crust.
- ☐ In 10-inch nonstick skillet, break up ground beef; add onion and sprinkle with seasoned salt. Cook over medium-high heat until beef is thoroughly cooked, stirring frequently.
- ☐ Drain.
- ☐ Stir in bacon and tomato sauce. Spoon evenly into vermicelli-lined pie pan, pushing to edge almost covering vermicelli.
- ☐ Sprinkle with 1/2 cup of the cheese.
- ☐ Bake at 350°F. for 30 minutes. Top with pickle slices; sprinkle with remaining 1/2 cup cheese.
- ☐ Bake an additional 10 to 15 minutes or until thoroughly heated and cheese is melted.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:10.13, Inflammation Score:-7, Nutrition Score:21.343478047329%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 469.91kcal (23.5%), Fat: 25.97g (39.96%), Saturated Fat: 11.3g (70.6%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 26.82g (9.75%), Sugar: 6.95g (7.72%), Cholesterol: 113.24mg (37.75%), Sodium: 2904.8mg (126.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.25g (56.5%), Selenium: 38.18µg (54.54%), Vitamin K: 43µg (40.95%), Phosphorus: 336.71mg (33.67%), Zinc: 4.8mg (31.98%), Vitamin B12: 1.88µg (31.38%), Calcium: 297.05mg (29.71%), Vitamin B2: 0.43mg (25.25%), Manganese: 0.48mg (24.23%), Vitamin B6: 0.48mg (23.81%), Vitamin B3: 4.68mg (23.39%), Potassium: 786.11mg (22.46%), Vitamin A: 962.71IU (19.25%), Fiber: 4.63g (18.52%), Iron: 3.28mg (18.21%), Magnesium: 63.29mg (15.82%), Copper: 0.29mg (14.43%), Vitamin B1: 0.2mg (13.57%), Vitamin C: 10.84mg (13.14%), Vitamin E: 1.87mg (12.47%), Folate: 45.48µg (11.37%), Vitamin B5: 1.05mg (10.51%), Vitamin D: 0.34µg (2.24%)