



Florentine Spaghetti

READY IN



45 min.

SERVINGS



45

CALORIES



71 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups n' lively cottage cheese light
- 10 oz pkt spinach frozen thawed drained chopped well
- 1 lb ground beef
- 8 oz deli deluxe mozzarella cheese kraft
- 2 Tbsp parmesan cheese grated kraft
- 8 oz spaghetti classics tangy spaghetti dinner italian kraft
- 6 oz tomato paste canned
- 1.5 cups water

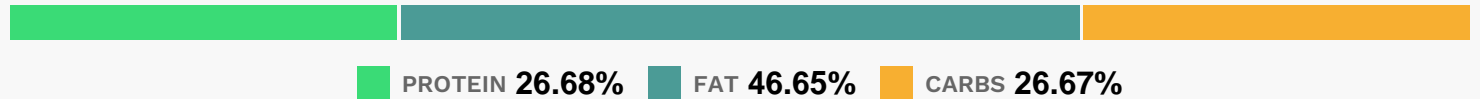
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350F. Prepare Spaghetti as directed on pkg. Meanwhile, brown meat in large skillet on medium heat; drain. Stir in the Herb-Spice
- Mix, tomato paste and water. Bring to boil. Reduce heat to medium-low; simmer 10 min., stirring occasionally.
- Place half of the spaghetti in 12x8-inch baking dish; cover with layers of half each of the meat sauce, cottage cheese, spinach and mozzarella cheese. Repeat all layers.
- Sprinkle with the Parmesan cheese.
- Bake 20 to 25 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:2.98, Glycemic Load:1.69, Inflammation Score:-5, Nutrition Score:4.5760869021001%

Nutrients (% of daily need)

Calories: 70.78kcal (3.54%), Fat: 3.65g (5.62%), Saturated Fat: 1.62g (10.11%), Carbohydrates: 4.7g (1.57%), Net Carbohydrates: 4.28g (1.56%), Sugar: 0.6g (0.66%), Cholesterol: 12.61mg (4.2%), Sodium: 76.32mg (3.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.4%), Vitamin K: 23.94µg (22.8%), Vitamin A: 793.39IU (15.87%), Selenium: 6.76µg (9.66%), Phosphorus: 60.98mg (6.1%), Vitamin B12: 0.37µg (6.1%), Manganese: 0.1mg (5.02%), Zinc: 0.73mg (4.84%), Calcium: 46.19mg (4.62%), Vitamin B2: 0.06mg (3.61%), Folate: 12.51µg (3.13%), Vitamin B6: 0.06mg (3.09%), Vitamin B3: 0.6mg (3.01%), Magnesium: 11.63mg (2.91%), Iron: 0.46mg (2.54%), Potassium: 83.4mg (2.38%), Copper: 0.04mg (2.04%), Vitamin E: 0.29mg (1.96%), Fiber: 0.42g (1.66%), Vitamin B1: 0.02mg (1.42%), Vitamin B5: 0.14mg (1.39%)