



Italian Fettuccine Pie

READY IN



70 min.

SERVINGS



6

CALORIES



380 kcal

Ingredients

- 0.5 lb ground beef 80% lean (at least)
- 0.3 cup onion finely chopped
- 8 oz canned tomatoes undrained canned
- 8 oz tomato sauce canned
- 0.5 teaspoon seasoning italian
- 6 oz fettuccine barilla uncooked
- 2 eggs
- 1 tablespoon butter melted
- 4 oz mozzarella cheese shredded
- 1 cup curd cottage cheese

1 cup broccoli fresh frozen thawed chopped

0.3 cup parmesan cheese grated

Equipment

bowl

frying pan

oven

Directions

Heat oven to 350°F. In 10-inch skillet, cook beef and onion over medium heat, stirring occasionally, until beef is brown; drain. Stir in tomatoes, tomato sauce and Italian seasoning.

Heat to boiling, stirring occasionally. Reduce heat. Cover; simmer 10 minutes, stirring occasionally.

Meanwhile, cook and drain fettuccine as directed on package.

In medium bowl, beat one of the eggs and the butter. Stir in fettuccine and mozzarella cheese. In ungreased 9-inch quiche dish or pie plate, spoon and press mixture evenly in bottom and up side of dish.

In small bowl, mix cottage cheese and remaining egg; spread over fettuccine mixture in dish.

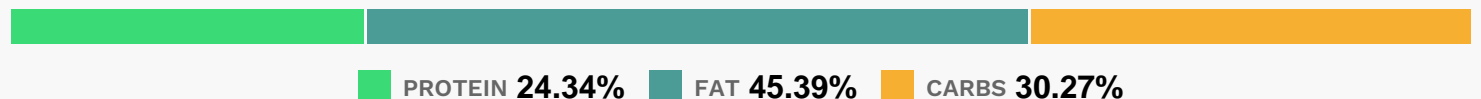
Sprinkle with broccoli. Spoon beef mixture evenly over top.

Sprinkle with Parmesan cheese.

Bake uncovered about 30 minutes or until hot in center.

Let stand 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:40.83, Glycemic Load:10.66, Inflammation Score:-6, Nutrition Score:17.937391426252%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 380.43kcal (19.02%), Fat: 19.27g (29.65%), Saturated Fat: 7.87g (49.19%), Carbohydrates: 28.92g (9.64%), Net Carbohydrates: 26.13g (9.5%), Sugar: 5.27g (5.85%), Cholesterol: 129.72mg (43.24%), Sodium: 609.99mg (26.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.26g (46.51%), Selenium: 41.44µg (59.2%), Phosphorus: 340.76mg (34.08%), Vitamin B12: 1.66µg (27.69%), Vitamin C: 19.71mg (23.89%), Zinc: 3.45mg (22.98%), Calcium: 216.2mg (21.62%), Manganese: 0.42mg (20.88%), Vitamin B2: 0.34mg (19.9%), Vitamin K: 20.46µg (19.48%), Vitamin B6: 0.36mg (18.2%), Vitamin B3: 3.21mg (16.04%), Potassium: 532.08mg (15.2%), Iron: 2.69mg (14.95%), Vitamin A: 732.33IU (14.65%), Copper: 0.26mg (12.76%), Magnesium: 50.16mg (12.54%), Vitamin B5: 1.23mg (12.26%), Vitamin E: 1.73mg (11.56%), Fiber: 2.79g (11.14%), Folate: 42.77µg (10.69%), Vitamin B1: 0.14mg (9.2%), Vitamin D: 0.55µg (3.65%)