



Italian Fettuccine Pie

READY IN



70 min.

SERVINGS



6

CALORIES



380 kcal

Ingredients

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

- ☐ 0.3 cup parmesan cheese grated
- ☐ 4 oz mozzarella cheese shredded

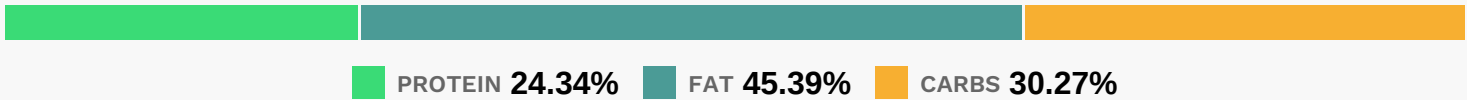
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350F. 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, 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: Og (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%)