



Italian Meatball Pie

READY IN



70 min.

SERVINGS



6

CALORIES



492 kcal

Ingredients

- 9 ounces fettuccine barilla refrigerated
- 1 eggs
- 1 tablespoon butter melted
- 6 ounces cheese shredded italian-style
- 1.3 cups pasta sauce
- 16 ounces meatballs frozen italian-style thawed (32 meatballs)
- 1 medium bell pepper cut into thin strips
- 1 serving parsley fresh chopped

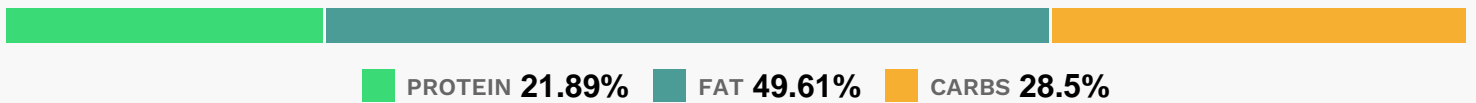
Equipment

- bowl
- oven
- whisk
- wooden spoon
- aluminum foil
- spatula

Directions

- Heat oven to 350°F. Spray pie plate, 9x1 1/4 inches, with cooking spray. Cook and drain fettuccine as directed on package.
- Beat egg and butter in large bowl with fork or wire whisk. Stir in fettuccine and 1 cup of the cheese. Spoon mixture into pie plate; press evenly on bottom and up side of pie plate using back of wooden spoon or rubber spatula.
- Toss spaghetti sauce, meatballs and bell pepper in large bowl. Spoon meatball mixture into fettuccine crust.
- Cover with aluminum foil and bake 45 minutes.
- Sprinkle with remaining 1/2 cup cheese.
- Bake uncovered about 5 minutes longer or until cheese is melted.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:14.02, Inflammation Score:-8, Nutrition Score:21.752608838289%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 492.08kcal (24.6%), Fat: 27.04g (41.6%), Saturated Fat: 10.83g (67.7%), Carbohydrates: 34.95g (11.65%), Net Carbohydrates: 32.34g (11.76%), Sugar: 3.77g (4.19%), Cholesterol: 139.83mg (46.61%), Sodium: 504.54mg (21.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.84g (53.68%), Selenium: 59.5µg (85.01%), Vitamin B1: 0.66mg (44.06%), Phosphorus: 369.52mg (36.95%), Vitamin C: 30.38mg (36.82%), Vitamin B6: 0.51mg (25.64%), Vitamin A: 1244.52IU (24.89%), Vitamin B3: 4.92mg (24.58%), Zinc: 3.57mg (23.81%), Manganese: 0.46mg (22.98%), Vitamin B12: 1.37µg (22.77%), Vitamin B2: 0.38mg (22.42%), Calcium: 182.89mg (18.29%), Potassium: 550.51mg (15.73%), Magnesium: 56.02mg (14%), Vitamin K: 14.22µg (13.54%), Iron: 2.34mg (13.02%), Vitamin B5: 1.27mg (12.7%), Copper: 0.23mg (11.59%), Fiber: 2.61g (10.43%), Vitamin E: 1.41mg (9.43%), Folate: 36.3µg (9.07%), Vitamin D: 0.39µg (2.58%)