



WHATSheATE



## Jamie's Chili Cheese Spaghetti Bake

READY IN



40 min.

SERVINGS



6

CALORIES



399 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 box beef pasta skillet meal hamburger helper®
- ☐ 15 oz chili with beans canned
- ☐ 1 cup elbow macaroni uncooked
- ☐ 6 oz pizza cheese shredded italian
- ☐ 2 cups milk
- ☐ 1 cup mushrooms chopped
- ☐ 1.5 cups water hot

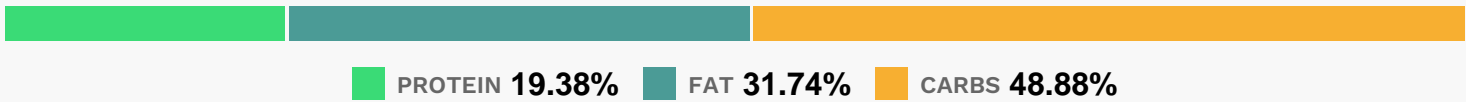
### Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

## Directions

- ☐ Heat oven to 350°F. Lightly spray 13x9-inch glass baking dish with cooking spray.
- ☐ In 10-inch skillet, heat uncooked pasta and sauce mix (from Hamburger Helper box), uncooked elbow macaroni, milk and hot water to boiling over medium-high heat. Reduce heat; cover and simmer 10 to 12 minutes, stirring occasionally, until pasta is tender.
- ☐ Remove from heat. Stir in mushrooms and chili.
- ☐ Spread mixture in baking dish.
- ☐ Sprinkle with cheese.
- ☐ Bake 10 to 14 minutes or until mixture is hot and bubbly and cheese is melted. If desired, broil 3 to 5 minutes to brown cheese. Top with crushed red pepper flakes. Cool 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:11.67, Glycemic Load:1.56, Inflammation Score:-5, Nutrition Score:12.713043373564%

## Nutrients (% of daily need)

Calories: 398.64kcal (19.93%), Fat: 14.39g (22.14%), Saturated Fat: 4.39g (27.41%), Carbohydrates: 49.86g (16.62%), Net Carbohydrates: 45.03g (16.37%), Sugar: 7.32g (8.13%), Cholesterol: 27.48mg (9.16%), Sodium: 1118.01mg (48.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.78g (39.55%), Selenium: 18.7µg (26.72%), Phosphorus: 249.15mg (24.92%), Vitamin B2: 0.35mg (20.48%), Calcium: 197.2mg (19.72%), Vitamin B1: 0.3mg (19.7%), Fiber: 4.84g (19.35%), Iron: 3.4mg (18.89%), Vitamin B5: 1.65mg (16.5%), Manganese: 0.32mg (15.99%), Potassium: 532.35mg (15.21%), Zinc: 2.17mg (14.46%), Magnesium: 56.05mg (14.01%), Vitamin B3: 2.61mg (13.07%), Copper: 0.21mg (10.58%), Vitamin B6: 0.19mg (9.65%), Vitamin B12: 0.45µg (7.43%), Vitamin A: 370.6IU (7.41%), Vitamin D: 0.93µg (6.18%), Folate: 23.22µg (5.81%), Vitamin E: 0.44mg (2.91%), Vitamin C: 1.54mg (1.87%), Vitamin K: 1.61µg (1.54%)