



Jamie's Chili Cheese Spaghetti Bake

READY IN



40 min.

SERVINGS



6

CALORIES



316 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 box cheese
- 15 oz chili with beans canned
- 1 cup elbow macaroni uncooked
- 6 oz pizza cheese shredded italian
- 2 cups milk
- 1 cup mushrooms chopped
- 6 servings pepper red crushed
- 1.5 cups water hot

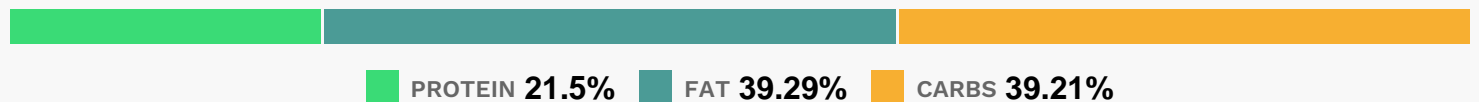
Equipment

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

Directions

- Heat oven to 350F. 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:16.17, Glycemic Load:1.56, Inflammation Score:-7, Nutrition Score:12.916521699532%

Nutrients (% of daily need)

Calories: 315.59kcal (15.78%), Fat: 14.33g (22.05%), Saturated Fat: 4.47g (27.92%), Carbohydrates: 32.17g (10.72%), Net Carbohydrates: 27.45g (9.98%), Sugar: 5.84g (6.49%), Cholesterol: 27.65mg (9.22%), Sodium: 493.78mg (21.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.65g (35.29%), Selenium: 19.16µg (27.37%), Phosphorus: 255.92mg (25.59%), Calcium: 204.98mg (20.5%), Vitamin A: 965.27IU (19.31%), Fiber: 4.72g (18.88%), Manganese: 0.35mg (17.69%), Iron: 3.16mg (17.56%), Vitamin B2: 0.28mg (16.74%), Vitamin B5: 1.67mg (16.68%), Zinc: 2.26mg (15.07%), Potassium: 522.73mg (14.94%), Magnesium: 59.08mg (14.77%), Vitamin B6: 0.23mg (11.75%), Copper: 0.23mg (11.58%), Vitamin E: 1.2mg (8%), Vitamin B1: 0.12mg (7.9%), Vitamin B3: 1.55mg (7.73%), Vitamin B12:

0.45µg (7.46%), Vitamin D: 0.93µg (6.18%), Folate: 23.82µg (5.95%), Vitamin K: 3.73µg (3.55%), Vitamin C: 1.55mg (1.88%)