



Leftover Spaghetti Pie

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups pasta like spaghetti cooked
- ☐ 0.5 cup part skim mozzarella shredded
- ☐ 2 cups any pasta sauce leftover (I used the Kidney beans sauce)

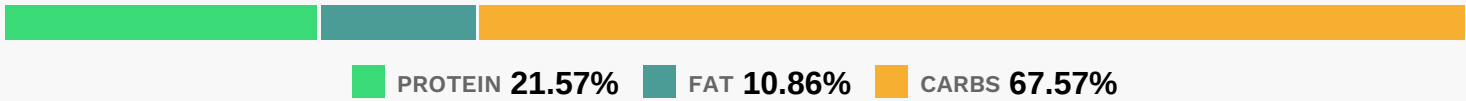
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ pie form

Directions

- ☐
- Preheat the oven at 350F for 15 minutes. Spray a pie pan with non stick spray.Since I was using the leftover kidney beans sauce, I pureed it in a food processor until nice and smooth.In a bowl combine together the spaghetti and sauce.
- ☐
- Transfer it to the prepared pie plate and spread it evenly.Top it with the cheese and bake it for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:19.95, Glycemic Load:19.06, Inflammation Score:-5, Nutrition Score:13.802608477681%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg

Nutrients (% of daily need)

Calories: 321.08kcal (16.05%), Fat: 3.87g (5.96%), Saturated Fat: 1.78g (11.1%), Carbohydrates: 54.17g (18.06%), Net Carbohydrates: 45.74g (16.63%), Sugar: 0.97g (1.07%), Cholesterol: 9.61mg (3.2%), Sodium: 41.57mg (1.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.29g (34.59%), Selenium: 33.96µg (48.51%), Manganese: 0.76mg (38.17%), Fiber: 8.44g (33.76%), Folate: 126.43µg (31.61%), Phosphorus: 243.3mg (24.33%), Iron: 4.08mg (22.68%), Copper: 0.33mg (16.49%), Magnesium: 63.38mg (15.84%), Zinc: 1.9mg (12.65%), Potassium: 441.61mg (12.62%), Calcium: 116.45mg (11.65%), Vitamin B1: 0.17mg (11.27%), Vitamin B6: 0.16mg (8.19%), Vitamin B2: 0.13mg (7.63%), Vitamin K: 7.65µg (7.29%), Vitamin B3: 0.96mg (4.78%), Vitamin B5: 0.39mg (3.87%), Vitamin A: 119.04IU (2.38%), Vitamin B12: 0.09µg (1.5%), Vitamin C: 1.06mg (1.29%)