



Mediterranean Spaghetti

READY IN



45 min.

SERVINGS



6

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes undrained canned
- ☐ 4 cups spaghetti cooked uncooked (8 ounces pasta)
- ☐ 2 tablespoons dry breadcrumbs dry divided
- ☐ 0.5 cup wine dry red
- ☐ 1 large eggs
- ☐ 4 ounces feta cheese crumbled
- ☐ 0.3 cup flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 0.8 teaspoon ground cinnamon

- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 pound lean ground beef lean
- ☐ 2 cups low fat milk 1% low-fat
- ☐ 2 cups onion chopped
- ☐ 1.5 teaspoons oregano dried
- ☐ 2 tablespoons parmesan cheese divided grated
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water

Equipment

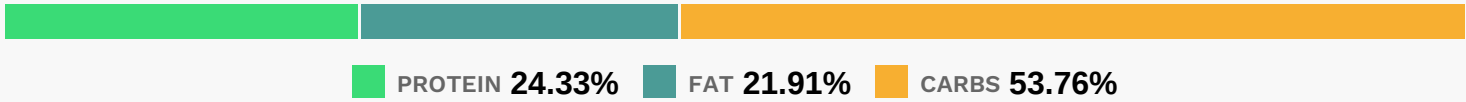
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add the first 4 ingredients, and saut 5 minutes.
- ☐ Add the wine and next 6 ingredients (wine through tomatoes). Bring mixture to a boil; reduce heat, and simmer 10 minutes or until thick.
- ☐ Combine the flour, milk, and 1/4 teaspoon nutmeg in a medium sauce-pan, and bring to a boil. Reduce heat, and cook for 7 minutes or until thick, stirring constantly.
- ☐ Remove milk mixture from heat. Stir in feta cheese, 1 tablespoon Parmesan cheese, and egg.
- ☐ Sprinkle 1 tablespoon breadcrumbs in a 2-quart casserole coated with cooking spray.
- ☐ Place 2 cups spaghetti in casserole, and top with 2 cups beef mixture and 1 cup sauce. Repeat layers.
- ☐ Combine 1 tablespoon Parmesan cheese and 1 tablespoon breadcrumbs, and sprinkle over the casserole.
- ☐ Bake casserole at 375 for 30 minutes or until golden brown.

- ☐ Let stand for 5 minutes.
- ☐ Garnish with fresh oregano, if desired.

Nutrition Facts



Properties

Glycemic Index:75.75, Glycemic Load:18.88, Inflammation Score:0, Nutrition Score:20.300434817439%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 10.96mg, Quercetin: 10.96mg, Quercetin: 10.96mg, Quercetin: 10.96mg

Nutrients (% of daily need)

Calories: 397.79kcal (19.89%), Fat: 9.34g (14.37%), Saturated Fat: 4.65g (29.06%), Carbohydrates: 51.57g (17.19%), Net Carbohydrates: 46.99g (17.09%), Sugar: 10.04g (11.15%), Cholesterol: 76.32mg (25.44%), Sodium: 622.25mg (27.05%), Alcohol: 2.1g (100%), Alcohol %: 0.66% (100%), Protein: 23.33g (46.66%), Selenium: 42.1µg (60.14%), Phosphorus: 353.04mg (35.3%), Manganese: 0.67mg (33.49%), Vitamin B12: 1.75µg (29.2%), Vitamin B2: 0.49mg (28.59%), Calcium: 282.2mg (28.22%), Vitamin B6: 0.53mg (26.42%), Zinc: 3.83mg (25.54%), Iron: 4.01mg (22.3%), Vitamin B3: 4.2mg (21%), Fiber: 4.58g (18.33%), Potassium: 624.81mg (17.85%), Vitamin B1: 0.26mg (17.64%), Magnesium: 63.65mg (15.91%), Copper: 0.31mg (15.43%), Folate: 53.55µg (13.39%), Vitamin C: 10.59mg (12.83%), Vitamin B5: 1.26mg (12.59%), Vitamin A: 450.01IU (9%), Vitamin E: 1.27mg (8.49%), Vitamin D: 1.15µg (7.69%), Vitamin K: 7.94µg (7.56%)