



WHATSheATE



## Noodle-and-Spinach Casserole

READY IN



25 min.

SERVINGS



10

CALORIES



514 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 large eggs lightly beaten
- ☐ 10 oz pkt spinach frozen thawed drained chopped
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon garlic salt
- ☐ 1.5 pounds ground beef
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 8 oz monterrey jack cheese shredded
- ☐ 6 oz parmesan cheese shredded
- ☐ 0.5 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups cup heavy whipping cream sour
- ☐ 26 oz spaghetti sauce
- ☐ 8 oz wide egg noodles

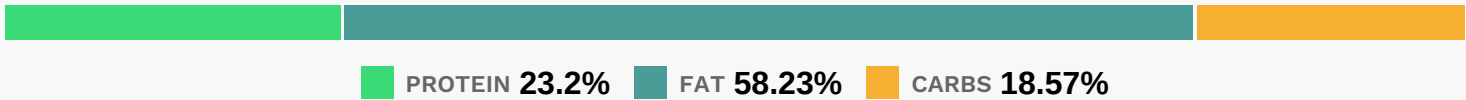
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Cook noodles according to package directions; drain and set aside.
- ☐ Cook beef and next 3 ingredients in a large nonstick skillet over medium heat, stirring until beef crumbles and is no longer pink.
- ☐ Drain and return to skillet. Stir in spaghetti sauce and Italian seasoning.
- ☐ Combine spinach and next 4 ingredients. Fold in noodles; spoon mixture into a lightly greased 13- x 9-inch baking dish.
- ☐ Sprinkle with half of Parmesan cheese. Top evenly with beef mixture and remaining Parmesan cheese.
- ☐ Bake at 350 for 30 minutes or until bubbly and golden.

## Nutrition Facts



## Properties

Glycemic Index:21, Glycemic Load:8.31, Inflammation Score:-10, Nutrition Score:28.128695519074%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 514.23kcal (25.71%), Fat: 33.45g (51.46%), Saturated Fat: 16.3g (101.87%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 21.21g (7.71%), Sugar: 4.69g (5.22%), Cholesterol: 138.06mg (46.02%), Sodium: 1196.07mg (52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.98g (59.97%), Vitamin K: 111.67µg (106.35%), Vitamin A: 4210.68IU (84.21%), Selenium: 40.25µg (57.5%), Calcium: 480.24mg (48.02%), Phosphorus: 452.19mg (45.22%), Vitamin B12: 2.03µg (33.85%), Zinc: 4.94mg (32.94%), Vitamin B2: 0.46mg (27.07%), Manganese: 0.52mg (26.2%), Vitamin B6: 0.46mg (22.78%), Vitamin B3: 4.34mg (21.72%), Iron: 3.51mg (19.47%), Magnesium: 75.57mg (18.89%), Potassium: 646.42mg (18.47%), Folate: 69.28µg (17.32%), Vitamin E: 2.56mg (17.1%), Copper: 0.26mg (13.08%), Vitamin B5: 1.13mg (11.27%), Fiber: 2.8g (11.2%), Vitamin B1: 0.13mg (8.85%), Vitamin C: 7.22mg (8.75%), Vitamin D: 0.46µg (3.05%)