



One-Skillet Spaghetti Mac

READY IN



45 min.

SERVINGS



5

CALORIES



413 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 eggs
- ☐ 1 cup elbow macaroni uncooked
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 pound ground beef 80% lean (at least)
- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 cups pasta sauce
- ☐ 0.3 cup water
- ☐ 0.8 cup water
- ☐ 0.5 cup frangelico

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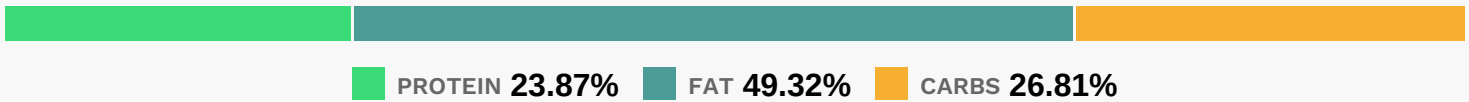
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375F. In small bowl, stir together Bisquick mix, cheese, garlic powder, 1/4 cup water and the egg; set aside.
- ☐ In ovenproof 10-inch skillet, cook beef over medium heat about 8 minutes, stirring occasionally, until brown; drain. Stir in spaghetti sauce, 3/4 cup water and the macaroni.
- ☐ Heat to boiling, about 5 minutes, stirring constantly. Spoon Bisquick mixture around edge of skillet, leaving center open.
- ☐ Bake 20 to 25 minutes or until top is golden brown.
- ☐ Sprinkle with additional Parmesan cheese if desired.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:1.68, Inflammation Score:-5, Nutrition Score:16.784347896991%

Nutrients (% of daily need)

Calories: 413.01kcal (20.65%), Fat: 22.5g (34.61%), Saturated Fat: 8.9g (55.65%), Carbohydrates: 27.52g (9.17%), Net Carbohydrates: 25.14g (9.14%), Sugar: 4.28g (4.76%), Cholesterol: 105.85mg (35.28%), Sodium: 716.93mg (31.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.5g (48.99%), Selenium: 38.13µg (54.47%), Vitamin B12: 2.15µg (35.91%), Zinc: 4.96mg (33.05%), Phosphorus: 304.16mg (30.42%), Vitamin B3: 5.3mg (26.49%), Vitamin B6: 0.45mg (22.72%), Manganese: 0.38mg (19.16%), Iron: 3.27mg (18.18%), Potassium: 630.77mg (18.02%), Vitamin B2: 0.29mg (17.04%), Copper: 0.27mg (13.38%), Calcium: 130.8mg (13.08%), Vitamin E: 1.96mg (13.06%), Magnesium: 50.11mg (12.53%), Vitamin A: 558.36IU (11.17%), Vitamin B5: 1.05mg (10.47%), Fiber: 2.38g (9.52%), Vitamin C: 6.86mg (8.32%), Vitamin B1: 0.09mg (6.31%), Folate: 25.02µg (6.25%), Vitamin K: 4.6µg (4.38%), Vitamin D: 0.32µg (2.11%)