



Perfect Pasta Pizza

READY IN



45 min.

SERVINGS



45

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 eggs beaten
- 0.5 lb extra-lean ground beef
- 0.3 cup milk fat-free
- 0.8 oz env. seasons garlic & herb dressing mix good
- 1 cup milk mozzarella cheese shredded 2% kraft
- 0.5 lb pasta like spaghetti uncooked
- 14 oz no-salt-added tomato sauce canned

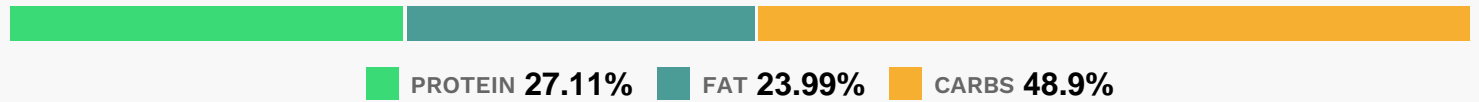
Equipment

- frying pan
- sauce pan
- oven
- pizza pan

Directions

- Heat oven to 350F.
- Cook spaghetti in large saucepan as directed on package. Meanwhile, brown meat in skillet.
- Drain spaghetti; return to pan.
- Add egg and milk; toss to coat.
- Spread onto bottom of 12-inch pizza pan sprayed with cooking spray. Stir tomato sauce and dressing mix into meat; spread over spaghetti. Top with cheese.
- Bake 20 to 25 min. or until crust is set and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:1.71, Inflammation Score:-1, Nutrition Score:2.182173901278%

Nutrients (% of daily need)

Calories: 38.38kcal (1.92%), Fat: 1.03g (1.58%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 4.71g (1.57%), Net Carbohydrates: 4.2g (1.53%), Sugar: 0.57g (0.63%), Cholesterol: 8.77mg (2.92%), Sodium: 63.11mg (2.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Selenium: 4.89µg (6.98%), Manganese: 0.08mg (4.12%), Phosphorus: 34.83mg (3.48%), Vitamin K: 3.46µg (3.3%), Vitamin B12: 0.19µg (3.1%), Zinc: 0.45mg (3.01%), Iron: 0.48mg (2.69%), Calcium: 25.71mg (2.57%), Vitamin B3: 0.48mg (2.39%), Vitamin B6: 0.04mg (2.21%), Fiber: 0.51g (2.03%), Vitamin B2: 0.03mg (1.93%), Potassium: 66.74mg (1.91%), Magnesium: 7.24mg (1.81%), Vitamin E: 0.25mg (1.69%), Copper: 0.03mg (1.64%), Vitamin A: 71.64IU (1.43%), Vitamin B5: 0.11mg (1.09%)