



Simple Chili Spaghetti

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



244 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounce mushrooms drained sliced canned
- ☐ 15 ounce vegetarian chili canned
- ☐ 2 teaspoons chili powder
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 8 ounces pasta like spaghetti uncooked
- ☐ 26 ounce spaghetti sauce fat-free

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain. While pasta cooks, combine spaghetti sauce and next 4 ingredients in a medium saucepan. Bring to a boil; cover, reduce heat, and simmer 10 minutes. Coat a 13- x 9- x 2-inch baking dish with cooking spray; add spaghetti, and spoon sauce over spaghetti. (Casserole may be covered and refrigerated at this point and baked later.
- ☐ Bake 35 minutes or until thoroughly heated.)
- ☐ Bake at 375 for 25 minutes or until thoroughly heated.
- ☐ Remove from oven, and sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:15.85, Inflammation Score:-9, Nutrition Score:19.609130517296%

Nutrients (% of daily need)

Calories: 244.06kcal (12.2%), Fat: 4.62g (7.1%), Saturated Fat: 2.02g (12.65%), Carbohydrates: 42.7g (14.23%), Net Carbohydrates: 37.87g (13.77%), Sugar: 9.67g (10.74%), Cholesterol: 9.45mg (3.15%), Sodium: 744.15mg (32.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.41g (20.83%), Vitamin C: 110.45mg (133.88%), Selenium: 28.63µg (40.89%), Manganese: 0.64mg (32.08%), Vitamin A: 1499IU (29.98%), Vitamin B6: 0.57mg (28.44%), Potassium: 725mg (20.71%), Copper: 0.4mg (19.87%), Phosphorus: 193.87mg (19.39%), Fiber: 4.82g (19.29%), Vitamin E: 2.63mg (17.52%), Vitamin B3: 3.13mg (15.63%), Magnesium: 61.33mg (15.33%), Iron: 2.69mg (14.97%), Vitamin K: 14.33µg (13.65%), Vitamin B2: 0.22mg (12.69%), Calcium: 106.35mg (10.63%), Zinc: 1.51mg (10.04%), Folate: 38.72µg (9.68%), Vitamin B1: 0.14mg (9.07%), Vitamin B5: 0.89mg (8.85%), Vitamin B12: 0.1µg (1.67%)