



Skillet Spaghetti Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



847 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lb ground beef 80% lean (at least)
- ☐ 0.5 cup pepperoni sliced chopped
- ☐ 19 oz all natural tomato soup hearty canned
- ☐ 2.3 cups water
- ☐ 2 cups pasta like spaghetti uncooked
- ☐ 1 teaspoon seasoning italian
- ☐ 0.5 teaspoon garlic salt
- ☐ 4 oz mozzarella cheese shredded
- ☐ 0.8 cup tomatoes chopped

☐ 0.3 cup olives ripe sliced

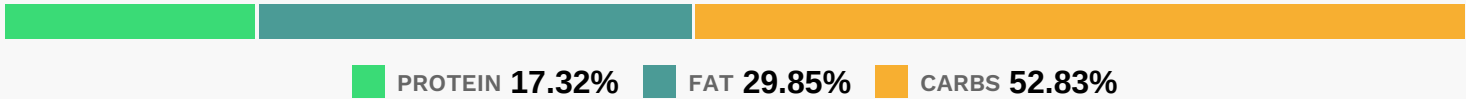
Equipment

☐ frying pan

Directions

- ☐ In 12-inch skillet, cook beef over medium-high heat 5 to 7 minutes; stirring occasionally, until thoroughly cooked.
- ☐ Add pepperoni; cook and stir 1 minute.
- ☐ Drain.
- ☐ Stir in soup, water, uncooked spaghetti, Italian seasoning and garlic salt; heat to boiling. Stir; reduce heat to medium-low. Cover; cook about 18 minutes, stirring occasionally, until spaghetti is desired doneness.
- ☐ Sprinkle with cheese, tomato and olives.
- ☐ Remove from heat. Cover; let stand 3 to 5 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:44.13, Glycemic Load:42.96, Inflammation Score:-8, Nutrition Score:27.501304305118%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 846.59kcal (42.33%), Fat: 27.96g (43.02%), Saturated Fat: 11.25g (70.3%), Carbohydrates: 111.37g (37.12%), Net Carbohydrates: 105.28g (38.28%), Sugar: 15.33g (17.04%), Cholesterol: 76.35mg (25.45%), Sodium: 1384.17mg (60.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.5g (73%), Selenium: 96.32µg (137.6%), Manganese: 1.43mg (71.32%), Phosphorus: 485.36mg (48.54%), Potassium: 1310.04mg (37.43%), Zinc: 5.53mg (36.87%), Vitamin B12: 2.04µg (34.06%), Vitamin B3: 6.51mg (32.53%), Vitamin B6: 0.56mg (27.94%), Magnesium: 106.09mg (26.52%),

Vitamin C: 21.21mg (25.71%), Copper: 0.51mg (25.55%), Fiber: 6.09g (24.37%), Iron: 4.05mg (22.49%), Calcium: 217.74mg (21.77%), Vitamin A: 993.89IU (19.88%), Vitamin B2: 0.3mg (17.66%), Vitamin B1: 0.25mg (16.48%), Vitamin K: 12.35µg (11.76%), Vitamin E: 1.58mg (10.56%), Vitamin B5: 1.03mg (10.33%), Folate: 33.58µg (8.4%), Vitamin D: 0.35µg (2.36%)