



Southwestern Spaghetti Pie

READY IN



70 min.

SERVINGS



6

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 oz pasta like spaghetti uncooked
- ☐ 0.5 lb pd of ground turkey lean
- ☐ 1.3 cups salsa thick
- ☐ 0.8 cup corn frozen thawed
- ☐ 15 oz black beans rinsed drained canned
- ☐ 1 teaspoon cumin
- ☐ 1.5 cups cheddar cheese shredded
- ☐ 2 eggs

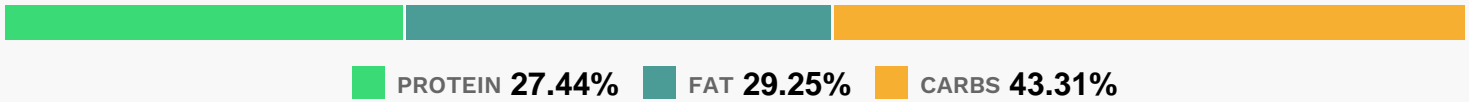
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pie form

Directions

- ☐ Cook spaghetti as directed on package.
- ☐ Drain.
- ☐ Meanwhile, heat oven to 350°F. Spray 9 1/2-inch deep-dish glass pie pan with nonstick cooking spray. Cook ground turkey in large nonstick skillet over medium heat until no longer pink, stirring frequently.
- ☐ Drain. Stir in salsa, corn, beans and cumin. Cook 2 minutes or until thoroughly heated. Stir in 1/2 cup of the cheese.
- ☐ Beat eggs in large bowl until well blended and foamy.
- ☐ Add cooked spaghetti; toss to coat. Spoon spaghetti mixture into sprayed pie pan, pushing mixture slightly up sides of pan to form crust. Spoon turkey mixture evenly into spaghetti-lined pie pan.
- ☐ Bake at 350°F. for 15 minutes.
- ☐ Sprinkle remaining 1 cup cheese over pie.
- ☐ Bake an additional 10 to 15 minutes or until crust is light golden brown.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:8.7, Inflammation Score:-6, Nutrition Score:18.893478393555%

Nutrients (% of daily need)

Calories: 385.41kcal (19.27%), Fat: 12.71g (19.55%), Saturated Fat: 6.24g (39%), Carbohydrates: 42.35g (14.12%), Net Carbohydrates: 34.96g (12.71%), Sugar: 2.98g (3.31%), Cholesterol: 103.6mg (34.53%), Sodium: 855.64mg (37.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.83g (53.65%), Selenium: 40.36µg (57.66%), Phosphorus: 411.29mg (41.13%), Fiber: 7.39g (29.54%), Vitamin B6: 0.58mg (29.07%), Vitamin B3: 5.59mg (27.93%), Manganese: 0.54mg (26.96%), Calcium: 258.93mg (25.89%), Vitamin B2: 0.37mg (21.76%), Zinc: 2.94mg (19.62%), Magnesium: 76.13mg (19.03%), Folate: 74.64µg (18.66%), Potassium: 641.36mg (18.32%), Iron: 2.9mg (16.09%), Copper: 0.31mg (15.42%), Vitamin B1: 0.2mg (13.64%), Vitamin A: 639.61IU (12.79%), Vitamin B5: 1.1mg (10.97%), Vitamin B12: 0.62µg (10.38%), Vitamin E: 1.1mg (7.3%), Vitamin C: 4.45mg (5.4%), Vitamin D: 0.61µg (4.09%), Vitamin K: 3.04µg (2.9%)