



Spaghetti a la Philly

READY IN



35 min.

SERVINGS



4

CALORIES



396 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces pasta like spaghetti cooked drained
- ☐ 4 ounces philadelphia cream cheese cubed
- ☐ 1 pound ground beef lean
- ☐ 2 tablespoons parmesan cheese grated kraft
- ☐ 24 ounce spaghetti sauce

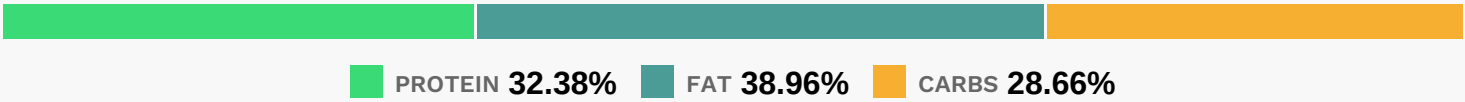
Equipment

- ☐ frying pan

Directions

- ☐ COOK spaghetti as directed on package.
- ☐ MEANWHILE, brown meat in large skillet. Stir in sauce and cream cheese; cook on low heat 3 to 5 min. or until sauce is well blended and heated through, stirring frequently.
- ☐ DRAIN spaghetti.
- ☐ Add to sauce; mix lightly.
- ☐ Place on platter; top with Parmesan.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:11.33, Inflammation Score:-7, Nutrition Score:21.704782436723%

Nutrients (% of daily need)

Calories: 395.51kcal (19.78%), Fat: 17.16g (26.4%), Saturated Fat: 8.84g (55.22%), Carbohydrates: 28.4g (9.47%), Net Carbohydrates: 24.83g (9.03%), Sugar: 7.44g (8.27%), Cholesterol: 101.11mg (33.7%), Sodium: 1014.44mg (44.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.09g (64.18%), Selenium: 39.03µg (55.76%), Zinc: 6.69mg (44.57%), Vitamin B12: 2.64µg (43.94%), Vitamin B3: 8.17mg (40.85%), Phosphorus: 349.52mg (34.95%), Vitamin B6: 0.66mg (32.84%), Iron: 5.1mg (28.33%), Potassium: 964.51mg (27.56%), Vitamin A: 1138.88IU (22.78%), Vitamin B2: 0.38mg (22.25%), Vitamin E: 3.06mg (20.38%), Manganese: 0.38mg (19.06%), Copper: 0.35mg (17.29%), Magnesium: 64.09mg (16.02%), Vitamin B5: 1.49mg (14.87%), Vitamin C: 11.91mg (14.43%), Fiber: 3.57g (14.29%), Calcium: 87.59mg (8.76%), Vitamin B1: 0.11mg (7.06%), Folate: 27.65µg (6.91%), Vitamin K: 5.74µg (5.47%)