

Spaghetti Bake

READY IN



80 min.

SERVINGS



6

CALORIES



857 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounce olives black sliced canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 0.5 cup mushrooms fresh sliced
- ☐ 1 cup bell pepper green chopped
- ☐ 1 pound ground beef
- ☐ 1 cup onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 cups cheddar cheese shredded

- ☐ 1 cup mozzarella cheese shredded
- ☐ 16 ounce pasta like spaghetti
- ☐ 48 ounce spaghetti sauce
- ☐ 1 tablespoon sugar white

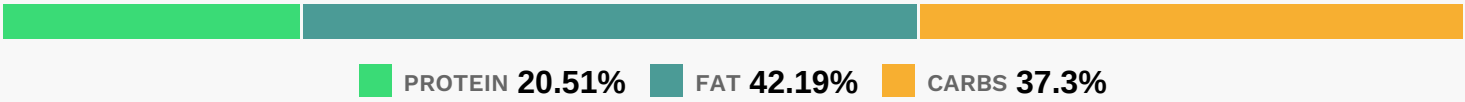
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ stove

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally, until cooked through but firm to the bite, about 12 minutes.
- ☐ Drain.
- ☐ Heat a large skillet over medium heat; cook and stir onion and bell pepper until tender, about 5 minutes.
- ☐ Transfer vegetables to a large bowl. Return skillet to stove top and increase heat to medium-high. Cook and stir ground beef in skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease.
- ☐ Transfer beef to the same bowl as the vegetables.
- ☐ Stir spaghetti, spaghetti sauce, Cheddar cheese, cream of mushroom soup, mushrooms, olives, oregano, and sugar into beef mixture.
- ☐ Pour spaghetti mixture into prepared baking dish and sprinkle with mozzarella cheese and Parmesan cheese.
- ☐ Bake in preheated oven until bubbly and hot, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:47.52, Glycemic Load:29.03, Inflammation Score:-9, Nutrition Score:36.2399999968073%

Flavonoids

Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

Nutrients (% of daily need)

Calories: 856.93kcal (42.85%), Fat: 40.5g (62.3%), Saturated Fat: 18.11g (113.22%), Carbohydrates: 80.58g (26.86%), Net Carbohydrates: 72.79g (26.47%), Sugar: 14.43g (16.03%), Cholesterol: 115.88mg (38.63%), Sodium: 2296.77mg (99.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.29g (88.57%), Selenium: 78.32µg (111.88%), Phosphorus: 651.04mg (65.1%), Manganese: 1.21mg (60.71%), Calcium: 526.85mg (52.69%), Zinc: 7.72mg (51.45%), Vitamin C: 38mg (46.06%), Vitamin B12: 2.64µg (43.99%), Vitamin B3: 7.75mg (38.73%), Vitamin B2: 0.63mg (37.32%), Vitamin B6: 0.74mg (37.13%), Potassium: 1293.02mg (36.94%), Copper: 0.72mg (36.2%), Vitamin A: 1735.75IU (34.71%), Vitamin E: 4.96mg (33.06%), Iron: 5.68mg (31.56%), Fiber: 7.79g (31.14%), Magnesium: 117.06mg (29.27%), Vitamin B5: 1.9mg (18.99%), Folate: 63.64µg (15.91%), Vitamin K: 15.62µg (14.87%), Vitamin B1: 0.22mg (14.8%), Vitamin D: 0.43µg (2.89%)