Spaghetti Casserole

READY IN	SERVINGS	CALORIES
45 min.	12	298 kcal

SIDE DISH | LUNCH | MAIN COURSE | MAIN DISH

Ingredients

- [ ] 4.5 oz olives black drained sliced canned
- [ ] 1 tablespoon butter
- [ ] 4 oz mushrooms drained canned
- [ ] 28 oz canned tomatoes undrained canned
- [ ] 10.8 oz cream of mushroom soup canned
- [ ] 12 ounces pasta like spaghetti cooked drained
- [ ] 1 cup bell pepper green chopped
- [ ] 1 pound ground beef drained
- [ ] 1 cup onion chopped

- [ ] 2 teaspoons oregano dried
- [ ] 0.3 cup parmesan cheese grated
- [ ] 0.5 teaspoon pepper
- [ ] 0.5 teaspoon salt
- [ ] 2 cups cheddar cheese shredded
- [ ] 0.3 cup water

Equipment

- [ ] frying pan
- [ ] oven
- [ ] baking pan

Directions

- [ ] In a large skillet, saut onion and green pepper in butter until tender.
- [ ] Add undrained tomatoes, mushrooms, olives, oregano, salt and pepper.
- [ ] Add ground beef and simmer, uncovered, for 10 minutes.
- [ ] Place half of the spaghetti in a greased 13"9" baking dish. Top with half of the vegetable mixture.
- [ ] Sprinkle with one cup of Cheddar cheese. Repeat layers.
- [ ] Combine soup and water; stir until smooth.
- [ ] Pour over casserole.
- [ ] Sprinkle with Parmesan cheese.
- [ ] Bake, uncovered, at 350 degrees for 30 to 55 minutes, or until heated through.

Nutrition Facts

PROTEIN **21.12%** FAT **54.29%** CARBS **24.59%**

Properties

Glycemic Index:19.79, Glycemic Load:5.8, Inflammation Score:-7, Nutrition Score:13.174347846404%

Flavonoids

Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 298.12kcal (14.91%), Fat: 18.26g (28.09%), Saturated Fat: 8.06g (50.37%), Carbohydrates: 18.6g (6.2%), Net Carbohydrates: 15.61g (5.68%), Sugar: 4.29g (4.77%), Cholesterol: 51.26mg (17.09%), Sodium: 764.27mg (33.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.98g (31.96%), Selenium: 20.19µg (28.84%), Phosphorus: 218.08mg (21.81%), Vitamin C: 17.06mg (20.68%), Zinc: 3.09mg (20.58%), Calcium: 200.92mg (20.09%), Manganese: 0.36mg (18.2%), Vitamin B12: 1.08µg (17.99%), Vitamin B6: 0.32mg (15.83%), Vitamin B3: 3.03mg (15.14%), Copper: 0.28mg (14.14%), Iron: 2.5mg (13.9%), Vitamin B2: 0.21mg (12.56%), Potassium: 422.14mg (12.06%), Fiber: 3g (11.98%), Vitamin E: 1.69mg (11.29%), Magnesium: 38.63mg (9.66%), Vitamin A: 472.22IU (9.44%), Vitamin K: 8.09µg (7.7%), Vitamin B1: 0.11mg (7.12%), Vitamin B5: 0.65mg (6.51%), Folate: 25.15µg (6.29%), Vitamin D: 0.18µg (1.2%)