



## Spaghetti Casserole II

READY IN



60 min.

SERVINGS



15

CALORIES



212 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 14.5 ounce canned tomatoes diced peeled canned
- 10.8 ounce condensed tomato soup canned
- 1 pound ground beef lean
- 1 cup cheddar cheese shredded
- 1 pound pasta like spaghetti
- 2 cups sacramento tomato juice

### Equipment

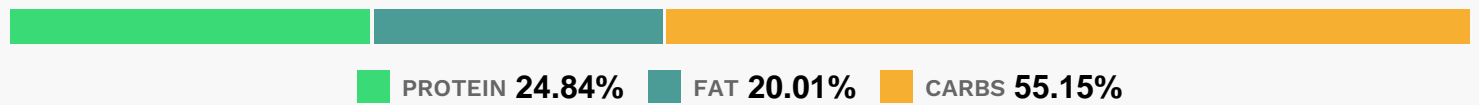
- frying pan

- oven
- pot
- baking pan

## Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Preheat oven to 350 degrees F (175 degrees C).
- In a medium skillet over medium-high heat, cook ground beef until brown.
- Drain.
- Place beef in a 9x13 inch baking dish. Top with tomatoes, tomato soup and tomato juice.
- Layer spaghetti over tomatoes and top with shredded cheddar.
- Bake in preheated oven for 45 minutes, until cheese is golden and bubbly.

## Nutrition Facts



## Properties

Glycemic Index:11.66, Glycemic Load:11.13, Inflammation Score:-4, Nutrition Score:10.423913043478%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 212.04kcal (10.6%), Fat: 4.71g (7.25%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 29.23g (9.74%), Net Carbohydrates: 27.39g (9.96%), Sugar: 4.86g (5.4%), Cholesterol: 26.28mg (8.76%), Sodium: 187.05mg (8.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.17g (26.33%), Selenium: 27.38µg (39.11%), Manganese: 0.38mg (19.1%), Phosphorus: 172.43mg (17.24%), Zinc: 2.4mg (16.01%), Vitamin B3: 2.91mg (14.53%), Vitamin C: 11.07mg (13.42%), Vitamin B6: 0.26mg (13.06%), Potassium: 446.54mg (12.76%), Vitamin B12: 0.76µg (12.62%), Iron: 1.74mg (9.67%), Copper: 0.19mg (9.66%), Magnesium: 36.6mg (9.15%), Calcium: 77.53mg (7.75%), Vitamin B2: 0.13mg (7.49%), Fiber: 1.84g (7.37%), Vitamin A: 359.85IU (7.2%), Vitamin B1: 0.09mg (5.74%), Vitamin B5: 0.51mg (5.13%), Folate: 18.58µg (4.64%), Vitamin E: 0.69mg (4.6%), Vitamin K: 3.15µg (3%)