



## Spaghetti Casserole III

READY IN



35 min.

SERVINGS



6

CALORIES



573 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 clove garlic minced
- 1 bell pepper green chopped
- 1.5 cups catsup
- 1 pound ground beef lean
- 1 onion chopped
- 1 teaspoon oregano dried
- 6 servings salt and pepper to taste
- 1.5 cups cheddar cheese shredded
- 1 pound pasta like spaghetti

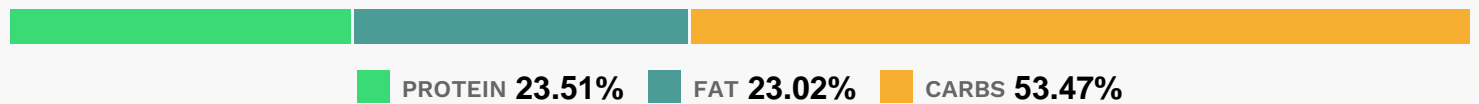
## Equipment

- 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 and reserve.
- Preheat oven to 300 degrees F (150 degrees C).
- In a large skillet, brown ground beef until no longer pink; drain reserving 1 tablespoon of drippings in pan. Set beef aside. In skillet saute onion, green bell pepper and garlic until just soft.
- Combine browned beef, ketchup, oregano, salt and pepper with onion mixture; mix well.
- Pour mixture into a 9x13 inch baking dish. On top of mixture, layer pasta and then sprinkle on cheese.
- Bake in preheated oven until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:23.37, Inflammation Score:-8, Nutrition Score:23.568260954774%

## Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

## Nutrients (% of daily need)

Calories: 572.83kcal (28.64%), Fat: 14.66g (22.55%), Saturated Fat: 7.37g (46.05%), Carbohydrates: 76.61g (25.54%), Net Carbohydrates: 73.21g (26.62%), Sugar: 16.16g (17.96%), Cholesterol: 75.12mg (25.04%), Sodium: 978.67mg (42.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.68g (67.37%), Selenium: 69.53µg (99.32%), Phosphorus: 448.09mg (44.81%), Manganese: 0.84mg (41.82%), Zinc: 6.12mg (40.83%), Vitamin B12: 1.99µg (33.21%), Vitamin B3: 6.45mg (32.23%), Vitamin B6: 0.59mg (29.7%), Calcium: 243.96mg (24.4%), Vitamin C: 19.93mg (24.15%), Vitamin B2: 0.4mg (23.77%), Potassium: 688.23mg (19.66%), Magnesium: 76.97mg (19.24%), Iron: 3.28mg (18.2%), Copper: 0.36mg (18.05%), Fiber: 3.4g (13.6%), Vitamin A: 670.33IU (13.41%), Vitamin E: 1.52mg (10.14%), Vitamin B5: 1mg (10.04%), Vitamin B1: 0.14mg (9.01%), Folate: 34.99µg (8.75%), Vitamin K: 6.4µg (6.1%), Vitamin D: 0.25µg (1.63%)