



Spaghetti-Crust Pizza

READY IN



40 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz tomato sauce canned
- 0.5 lb pasta like spaghetti cooked drained
- 1 eggs
- 0.8 lb ground beef
- 0.8 oz env. seasons garlic & herb dressing mix good
- 0.3 cup milk
- 0.3 cup parmesan cheese grated kraft
- 1 cup mozzarella cheese shredded kraft

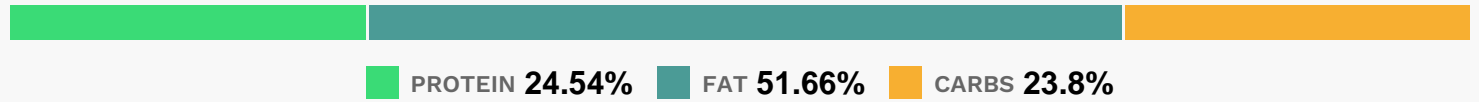
Equipment

- bowl
- frying pan
- oven
- pizza pan

Directions

- Heat oven to 350F.
- Beat egg and milk in large bowl until well blended.
- Add spaghetti; toss to coat.
- Spread onto bottom of 12-inch pizza pan sprayed with cooking spray.
- Brown meat in medium skillet; drain. Stir in tomato sauce and dressing mix.
- Spread over spaghetti crust; sprinkle with cheeses.
- Bake 20 to 25 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:40.88, Glycemic Load:10.2, Inflammation Score:-7, Nutrition Score:22.889130302097%

Nutrients (% of daily need)

Calories: 478.7kcal (23.94%), Fat: 27.6g (42.47%), Saturated Fat: 12.03g (75.17%), Carbohydrates: 28.61g (9.54%), Net Carbohydrates: 23.84g (8.67%), Sugar: 5.13g (5.7%), Cholesterol: 130.69mg (43.56%), Sodium: 835.55mg (36.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.5g (59.01%), Selenium: 39.17µg (55.96%), Vitamin B12: 2.72µg (45.38%), Phosphorus: 377.85mg (37.78%), Zinc: 5.5mg (36.65%), Vitamin K: 38.18µg (36.37%), Calcium: 339.63mg (33.96%), Iron: 5.63mg (31.27%), Manganese: 0.58mg (28.99%), Vitamin B3: 5.11mg (25.55%), Vitamin B6: 0.5mg (24.93%), Vitamin B2: 0.4mg (23.64%), Vitamin E: 2.99mg (19.94%), Potassium: 687.08mg (19.63%), Fiber: 4.77g (19.07%), Vitamin A: 847.5IU (16.95%), Magnesium: 64.84mg (16.21%), Copper: 0.27mg (13.5%), Vitamin B5: 1.13mg (11.31%), Folate: 38.96µg (9.74%), Vitamin C: 7.07mg (8.57%), Vitamin B1: 0.1mg (6.94%), Vitamin D: 0.62µg (4.11%)