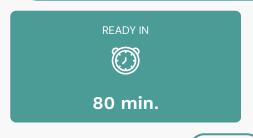


Spaghetti Pie







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

7 oz pasta like spagnetti uncooked
1 eggs
O.3 cup parmesan cheese grated
1 lb ground beef 80% lean (at least)
O.5 cup bell pepper green chopped
O.3 cup onion chopped
14 oz pasta sauce
0.3 cup cream cheese light with roasted garlic (from 8-oz container)

4 oz mozzarella cheese shredded

Equipment	
	bowl
	frying pan
	oven
	pie form
Diı	rections
	Cook and drain vermicelli as directed on package.
	Meanwhile, heat oven to 350°F. Spray 9 1/2-inch glass deep-dish pie plate with cooking spray
	In large bowl, beat egg. Stir in Parmesan cheese.
	Add cooked vermicelli; toss to coat. Spoon mixture evenly into pie pan, pushing mixture up sides of pan to form crust.
	In 12-inch skillet, cook ground beef, bell pepper and onion over medium-high heat, stirring frequently, until beef is thoroughly cooked; drain. Stir in pasta sauce. Spoon evenly into vermicelli-lined pie pan.
	In small bowl, mix topping ingredients. Drop mixture by rounded teaspoons over filling.
	Bake 25 to 30 minutes or until pie is thoroughly heated and crust is light golden brown.
	Let stand 10 minutes. To serve, cut into wedges.
Nutrition Facts	
	PROTEIN 23.28% FAT 48.41% CARBS 28.31%

Properties

Glycemic Index:25.17, Glycemic Load:11.35, Inflammation Score:-6, Nutrition Score:17.389130654542%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Quercetin: 1.63mg, Que

Nutrients (% of daily need)

Calories: 446.43kcal (22.32%), Fat: 23.85g (36.7%), Saturated Fat: 10.42g (65.1%), Carbohydrates: 31.38g (10.46%), Net Carbohydrates: 29g (10.55%), Sugar: 4.63g (5.14%), Cholesterol: 106.12mg (35.37%), Sodium: 628.86mg (27.34%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 25.81g (51.62%), Selenium: 40.48µg (57.83%), Vitamin B12: 2.28µg (38.02%), Phosphorus: 336.08mg (33.61%), Zinc: 4.74mg (31.62%), Vitamin B3: 4.52mg (22.61%), Vitamin B6: 0.42mg (21.01%), Manganese: 0.42mg (20.95%), Calcium: 196.05mg (19.61%), Vitamin C: 15.11mg (18.31%), Vitamin B2: 0.3mg (17.92%), Potassium: 565.2mg (16.15%), Iron: 2.84mg (15.79%), Magnesium: 49.62mg (12.4%), Copper: 0.24mg (12.07%), Vitamin A: 603.12IU (12.06%), Vitamin E: 1.51mg (10.1%), Vitamin B5: 0.99mg (9.89%), Fiber: 2.38g (9.5%), Vitamin B1: 0.1mg (6.83%), Folate: 26.71µg (6.68%), Vitamin K: 4.85µg (4.62%), Vitamin D: 0.36µg (2.37%)