



Spaghetti Pie

READY IN



80 min.

SERVINGS



6

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7 oz pasta like spaghetti uncooked
- 1 eggs
- 0.3 cup parmesan cheese grated
- 1 lb ground beef 80% lean (at least)
- 0.5 cup bell pepper green chopped
- 0.3 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

Directions

- 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, Kaempferol: 0.05mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

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: 0g (100%), Alcohol %: 0% (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%)