



Spaghetti Pie

READY IN



45 min.

SERVINGS



6

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 16 ounce tomato sauce with garlic canned
- ☐ 4 cups pasta like spaghetti hot cooked uncooked (8 ounces pasta)
- ☐ 0.5 cup green onions chopped
- ☐ 1 pound ground round
- ☐ 5 ounces cheddar cheese shredded extra-sharp reduced-fat
- ☐ 1.5 cups cup heavy whipping cream sour low-fat
- ☐ 0.3 teaspoon salt

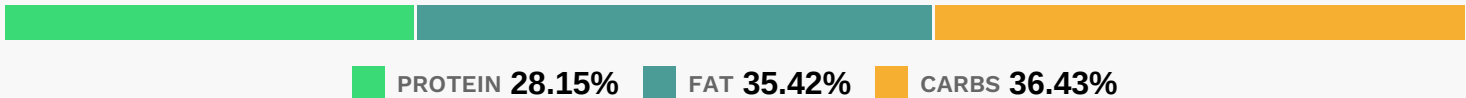
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 35
- ☐ Cook meat in a large nonstick skillet over medium heat until browned, stirring to crumble.
- ☐ Drain well, and return meat to pan. Stir in salt, pepper, and tomato sauce. Bring to a boil; reduce heat, and simmer for 20 minutes.
- ☐ Combine the sour cream, green onions, and cream cheese in a small bowl, and set aside.
- ☐ Place the spaghetti noodles in a 2-quart casserole dish coated with cooking spray.
- ☐ Spread the sour cream mixture over spaghetti noodles. Top with meat mixture.
- ☐ Sprinkle with cheddar cheese. Cover and bake at 350 for 25 minutes. Uncover; bake an additional 5 minutes or until cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:14.59, Inflammation Score:-6, Nutrition Score:18.644782569097%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 420.61kcal (21.03%), Fat: 16.42g (25.26%), Saturated Fat: 8.09g (50.55%), Carbohydrates: 38.02g (12.67%), Net Carbohydrates: 34.96g (12.71%), Sugar: 3.66g (4.06%), Cholesterol: 74.23mg (24.74%), Sodium: 699.72mg (30.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.37g (58.73%), Selenium: 42.91µg (61.29%), Phosphorus: 372.03mg (37.2%), Vitamin B12: 2.03µg (33.8%), Zinc: 5.01mg (33.43%), Vitamin B3: 5.05mg

(25.27%), Iron: 3.89mg (21.59%), Vitamin B6: 0.43mg (21.31%), Calcium: 211.74mg (21.17%), Manganese: 0.41mg (20.73%), Vitamin K: 20.54µg (19.56%), Potassium: 669.89mg (19.14%), Vitamin B2: 0.31mg (18.46%), Magnesium: 54.6mg (13.65%), Vitamin A: 648.38IU (12.97%), Copper: 0.26mg (12.85%), Fiber: 3.05g (12.21%), Vitamin E: 1.62mg (10.8%), Vitamin C: 7.38mg (8.94%), Vitamin B5: 0.84mg (8.39%), Folate: 32.14µg (8.04%), Vitamin B1: 0.1mg (6.6%), Vitamin D: 0.21µg (1.43%)