



Spaghetti Pie I

READY IN



60 min.

SERVINGS



6

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 1 cup curd cottage cheese
- ☐ 2 eggs
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 cup bell pepper green chopped
- ☐ 1 pound ground beef lean
- ☐ 1 onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 cup parmesan cheese grated

- ☐ 0.5 teaspoon salt
- ☐ 2 ounces mozzarella cheese shredded
- ☐ 6 ounces pasta like spaghetti
- ☐ 6 ounces tomato paste
- ☐ 1 cup tomatoes chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 2.5 quarts water boiling
- ☐ 1 teaspoon sugar white

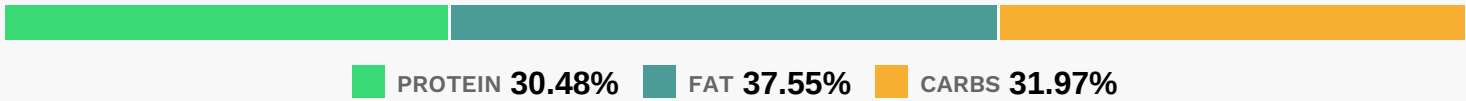
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Cook spaghetti in water with 2 teaspoons salt and 1 tablespoon oil until tender but still firm.
- ☐ Drain.
- ☐ Add eggs, Parmesan cheese, and butter.
- ☐ Mix and shape into a crust in greased 10-inch pie plate.
- ☐ Spread cottage cheese over crust. Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat 1 tablespoon vegetable oil in a large skillet over medium-high heat. Scramble-fry beef, onion, and green pepper until beef is thoroughly browned.
- ☐ Mix in tomatoes, tomato paste, sugar, oregano, 1/2 teaspoon salt, and garlic powder.
- ☐ Spread mixture over cottage cheese.
- ☐ Bake uncovered at 350 degrees F (175 degrees C) for 30 minutes.
- ☐ Sprinkle with mozzarella cheese and bake 5-10 minutes more.

Nutrition Facts



Properties

Glycemic Index:57.68, Glycemic Load:11.9, Inflammation Score:-8, Nutrition Score:20.805652286695%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 409.41kcal (20.47%), Fat: 17.06g (26.24%), Saturated Fat: 7.74g (48.38%), Carbohydrates: 32.67g (10.89%), Net Carbohydrates: 29.73g (10.81%), Sugar: 7.56g (8.4%), Cholesterol: 129.71mg (43.24%), Sodium: 808.95mg (35.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.14g (62.29%), Selenium: 44.21µg (63.16%), Phosphorus: 394.81mg (39.48%), Vitamin B12: 2.27µg (37.88%), Zinc: 5.41mg (36.07%), Vitamin B3: 5.78mg (28.92%), Vitamin B6: 0.51mg (25.42%), Potassium: 789.65mg (22.56%), Manganese: 0.44mg (22.17%), Vitamin B2: 0.37mg (21.6%), Vitamin A: 1024.96IU (20.5%), Iron: 3.62mg (20.11%), Vitamin C: 15.97mg (19.36%), Calcium: 182.88mg (18.29%), Copper: 0.36mg (17.98%), Magnesium: 62.18mg (15.55%), Vitamin E: 2.21mg (14.71%), Vitamin K: 12.91µg (12.29%), Fiber: 2.94g (11.75%), Vitamin B5: 1.16mg (11.59%), Folate: 33.19µg (8.3%), Vitamin B1: 0.12mg (7.71%), Vitamin D: 0.47µg (3.13%)