



Spaghetti Pie III

READY IN



65 min.

SERVINGS



7

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce cream cheese
- 7 servings garlic powder to taste
- 0.5 cup bell pepper green chopped
- 0.5 cup green onions chopped
- 0.3 teaspoon ground pepper black
- 1 pound ground beef lean
- 26 ounce pasta sauce
- 0.3 teaspoon salt
- 1.5 cups cheddar cheese shredded

- 0.8 cup cup heavy whipping cream sour
- 1 pound pasta like spaghetti

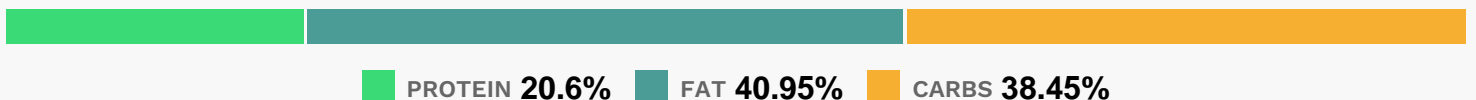
Equipment

- bowl
- frying pan
- oven
- pot
- baking pan

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Preheat oven to 350 degrees F (175 degrees C).
- In a skillet over medium heat, brown the ground beef.
- Drain and crumble. Put crumbled beef in skillet. Stir in salt, pepper, garlic powder, bell pepper and pasta sauce. Bring to a boil; reduce heat and simmer for 20 minutes.
- In a small bowl combine sour cream, green onions and cream cheese and set aside. Coat a 9x13 inch baking dish with cooking spray and add the cooked spaghetti.
- Spread the cream cheese mixture over it, add the meat mixture and sprinkle with Cheddar Cheese.
- Cover and bake for 25 minutes. Uncover and bake for 5 more minutes until the cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:31.43, Glycemic Load:22.14, Inflammation Score:-8, Nutrition Score:25.272173772687%

Flavonoids

Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 629.96kcal (31.5%), Fat: 28.75g (44.23%), Saturated Fat: 15.38g (96.13%), Carbohydrates: 60.74g (20.25%), Net Carbohydrates: 56.43g (20.52%), Sugar: 8.11g (9.01%), Cholesterol: 111.65mg (37.22%), Sodium: 899.83mg (39.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.55g (65.1%), Selenium: 64.17µg (91.68%), Phosphorus: 460.8mg (46.08%), Manganese: 0.79mg (39.26%), Zinc: 5.71mg (38.05%), Vitamin B12: 1.83µg (30.52%), Vitamin B3: 5.88mg (29.42%), Vitamin B6: 0.57mg (28.61%), Vitamin A: 1398.2IU (27.96%), Calcium: 270.64mg (27.06%), Vitamin B2: 0.45mg (26.32%), Potassium: 848.75mg (24.25%), Vitamin C: 17.53mg (21.25%), Iron: 3.81mg (21.15%), Copper: 0.41mg (20.32%), Magnesium: 81.24mg (20.31%), Vitamin K: 20.54µg (19.56%), Fiber: 4.31g (17.23%), Vitamin E: 2.42mg (16.15%), Vitamin B5: 1.43mg (14.27%), Folate: 40.92µg (10.23%), Vitamin B1: 0.15mg (10.18%), Vitamin D: 0.21µg (1.4%)