

Spaghetti Pizza Bake

READY IN



65 min.

SERVINGS



12

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 eggs
- 0.8 cup mushrooms fresh sliced
- 2 garlic clove minced
- 2 pounds ground beef
- 0.8 cup milk
- 0.3 cup olives ripe sliced
- 1 medium onion chopped
- 0.3 teaspoon pepper
- 28 slices pepperoni

- 1 teaspoon salt
- 8 ounces mozzarella cheese shredded
- 7 ounces pasta like spaghetti thin
- 28 ounces pasta sauce

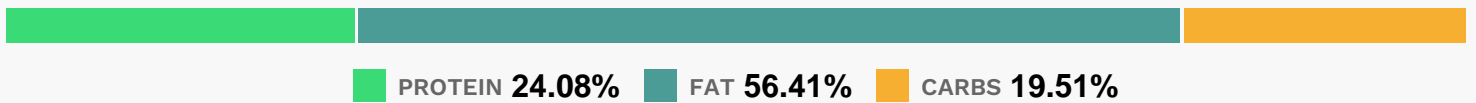
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- In a large skillet, cook the beef, onion and garlic over medium heat until meat is no longer pink; drain. stir in salt and pepper; set aside. Cook spaghetti according to package directions; rinse in cold water and drain.
- In a bowl, combine eggs and milk; stir in spaghetti.
- Transfer to a greased 13-in. x 9-in. baking dish. Top with spaghetti sauce, beef mixture, pepperoni, mushrooms and olives; sprinkle with cheese (dish will be full).
- Bake, uncovered, at 350° for 40–45 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:25.08, Glycemic Load:6.78, Inflammation Score:-5, Nutrition Score:15.024347823599%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 380.38kcal (19.02%), Fat: 23.75g (36.53%), Saturated Fat: 9.78g (61.14%), Carbohydrates: 18.48g (6.16%), Net Carbohydrates: 16.6g (6.04%), Sugar: 4.28g (4.76%), Cholesterol: 102.24mg (34.08%), Sodium: 826.68mg (35.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.8g (45.6%), Selenium: 30.01µg (42.87%), Vitamin B12: 2.26µg (37.66%), Zinc: 4.42mg (29.44%), Phosphorus: 281.56mg (28.16%), Vitamin B3: 4.65mg (23.23%), Vitamin B6: 0.4mg (20.14%), Vitamin B2: 0.31mg (18.37%), Potassium: 534.24mg (15.26%), Calcium: 150.98mg (15.1%), Iron: 2.67mg (14.84%), Manganese: 0.29mg (14.75%), Vitamin E: 1.6mg (10.64%), Copper: 0.21mg (10.55%), Magnesium: 40.94mg (10.23%), Vitamin B5: 1.01mg (10.12%), Vitamin A: 493.69IU (9.87%), Fiber: 1.88g (7.53%), Vitamin B1: 0.1mg (6.93%), Vitamin C: 5.59mg (6.78%), Folate: 22.12µg (5.53%), Vitamin K: 4.17µg (3.97%), Vitamin D: 0.54µg (3.59%)