

Spaghetti Pizza II

READY IN



50 min.

SERVINGS



4

CALORIES



848 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 eggs beaten
- ☐ 1 pound ground beef
- ☐ 0.5 cup parmesan cheese grated
- ☐ 3 slices processed american cheese
- ☐ 8 ounce mozzarella cheese shredded
- ☐ 8 ounce pasta like spaghetti
- ☐ 2.5 cups spaghetti sauce

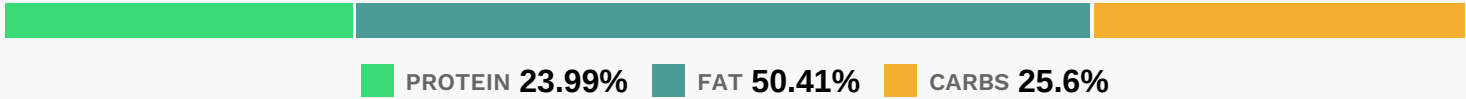
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ 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.
- ☐ Meanwhile, place ground beef in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble and combine with spaghetti sauce.
- ☐ In a large bowl toss pasta with Parmesan cheese and eggs. Press into a 9-inch pie plate and spread sauce mixture over pasta. Top with American cheese and sprinkle with mozzarella.
- ☐ Bake in preheated oven for 30 minutes.
- ☐ Let stand 5 minutes before cutting into wedges.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:20.14, Inflammation Score:-8, Nutrition Score:32.69695682111%

Nutrients (% of daily need)

Calories: 847.75kcal (42.39%), Fat: 47.27g (72.72%), Saturated Fat: 21.85g (136.55%), Carbohydrates: 54g (18%), Net Carbohydrates: 49.89g (18.14%), Sugar: 8g (8.88%), Cholesterol: 233.77mg (77.92%), Sodium: 1673.87mg (72.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.6g (101.2%), Selenium: 77.71µg (111.02%), Phosphorus: 752.16mg (75.22%), Vitamin B12: 4.32µg (72%), Calcium: 627.49mg (62.75%), Zinc: 8.75mg (58.33%), Vitamin B2: 0.64mg (37.79%), Vitamin B3: 7.37mg (36.86%), Manganese: 0.74mg (36.77%), Vitamin B6: 0.67mg (33.69%), Iron: 5.2mg (28.87%), Potassium: 1004.64mg (28.7%), Vitamin A: 1422.08IU (28.44%), Magnesium: 94.75mg (23.69%), Copper: 0.44mg (22.17%), Vitamin E: 3.26mg (21.74%), Vitamin B5: 1.81mg (18.08%), Fiber: 4.11g (16.44%), Vitamin C: 10.72mg (12.99%), Folate: 48.24µg (12.06%), Vitamin B1: 0.17mg (11.21%), Vitamin K: 8.38µg (7.98%), Vitamin D: 0.94µg (6.25%)