

Spaghetti Pizza Lasagna

READY IN



50 min.

SERVINGS



15

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon dehydrated onion dried minced
- 2 eggs beaten
- 1 teaspoon garlic powder
- 1 pound ground beef lean
- 1 cup milk
- 1 teaspoon oregano dried
- 32 ounce pasta sauce
- 8 ounce pepperoni sliced
- 15 servings salt and pepper to taste

- 3 cups cheddar cheese shredded
- 1 pound pasta like spaghetti

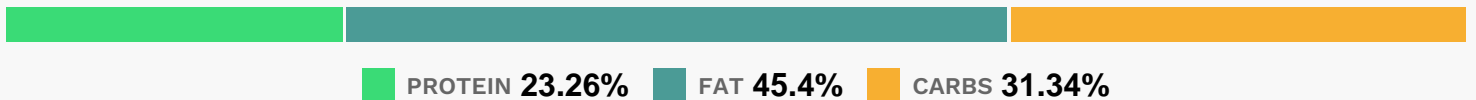
Equipment

- frying pan
- oven
- pot
- baking pan

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.
- In a large skillet over medium heat, cook beef until brown; drain.
- Beat milk and eggs together until well combined; season with salt and pepper.
- Place pasta in a 9x13 inch baking dish.
- Pour milk mixture evenly over pasta.
- Pour pasta sauce over that. Distribute beef evenly over pasta sauce and sprinkle with oregano, garlic powder, minced onion and pepperoni slices. Top with shredded cheese.
- Bake in preheated oven until hot and bubbly, 30 minutes.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:10.61, Inflammation Score:-6, Nutrition Score:14.442608698555%

Nutrients (% of daily need)

Calories: 356.87kcal (17.84%), Fat: 17.92g (27.57%), Saturated Fat: 8.29g (51.83%), Carbohydrates: 27.84g (9.28%), Net Carbohydrates: 25.86g (9.4%), Sugar: 3.97g (4.42%), Cholesterol: 79.79mg (26.6%), Sodium: 903.66mg (39.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.66g (41.32%), Selenium: 37.7µg (53.85%),

Phosphorus: 290.83mg (29.08%), Zinc: 3.46mg (23.04%), Manganese: 0.45mg (22.66%), Vitamin B12: 1.25µg (20.89%), Calcium: 206.75mg (20.68%), Vitamin B3: 3.57mg (17.87%), Vitamin B2: 0.3mg (17.37%), Vitamin B6: 0.32mg (16.05%), Potassium: 452.52mg (12.93%), Iron: 2.1mg (11.67%), Magnesium: 44.06mg (11.01%), Vitamin A: 548.69IU (10.97%), Copper: 0.21mg (10.46%), Vitamin B5: 0.94mg (9.41%), Vitamin E: 1.41mg (9.4%), Fiber: 1.98g (7.92%), Vitamin B1: 0.12mg (7.73%), Vitamin C: 4.49mg (5.44%), Folate: 21.62µg (5.41%), Vitamin D: 0.66µg (4.39%), Vitamin K: 4.14µg (3.95%)