



Spaghetti Pizza Pie

READY IN



45 min.

SERVINGS



45

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 lb pasta like spaghetti cooked drained
- 1 eggs beaten
- 1 lb ground beef lean cooked drained
- 0.3 cup parmesan cheese divided grated kraft
- 2 cups classico family favorites pasta sauce traditional
- 1.5 cups mozzarella cheese shredded kraft

Equipment

- oven

Directions

- Heat oven to 350F.
- Toss spaghetti with half the Parmesan and egg; press onto bottom and up side of 9-inch pie plate to form crust.
- Mix meat and pasta sauce; spread onto crust. Top with mozzarella and remaining Parmesan.
- Bake 30 min. or until heated through.
- Let stand 5 min. before cutting to serve.

Nutrition Facts

PROTEIN 37.77% **FAT 38.93%** **CARBS 23.3%**

Properties

Glycemic Index:2.68, Glycemic Load:0.92, Inflammation Score:-1, Nutrition Score:2.1700000050275%

Nutrients (% of daily need)

Calories: 40.1kcal (2.01%), Fat: 1.72g (2.64%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 2.31g (0.77%), Net Carbohydrates: 2.06g (0.75%), Sugar: 0.46g (0.51%), Cholesterol: 13.48mg (4.49%), Sodium: 96.08mg (4.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Selenium: 4.34µg (6.21%), Vitamin B12: 0.33µg (5.49%), Zinc: 0.72mg (4.78%), Phosphorus: 45.67mg (4.57%), Vitamin B3: 0.69mg (3.44%), Calcium: 28.73mg (2.87%), Vitamin B6: 0.06mg (2.81%), Iron: 0.45mg (2.48%), Vitamin B2: 0.04mg (2.46%), Potassium: 74.98mg (2.14%), Vitamin A: 84.07IU (1.68%), Manganese: 0.03mg (1.55%), Magnesium: 5.88mg (1.47%), Vitamin E: 0.21mg (1.39%), Copper: 0.03mg (1.34%), Vitamin B5: 0.13mg (1.27%), Fiber: 0.25g (1.02%)