



 **90%**
HEALTH SCORE

Spaghetti Squash Pie

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1761 kcal

Ingredients

- 3 Tbsp butter melted
- 3 eggs beaten
- 2 Tbsp flour
- 2 cloves garlic minced
- 1 cup italian* five cheese blend shredded kraft finely
- 1 tsp penzey's southwest seasoning dried italian divided
- 0.5 lb ground beef lean
- 0.3 cup parmesan cheese grated kraft
- 1.5 cups classico family favorites pasta sauce traditional

3 lb spaghetti squash

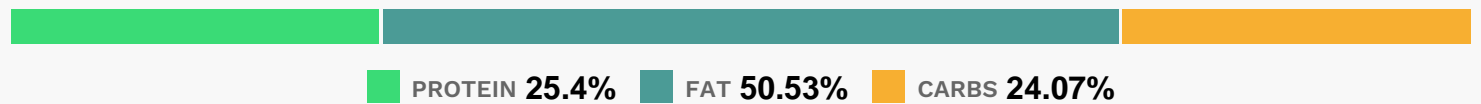
Equipment

- bowl
- frying pan
- oven
- knife
- microwave

Directions

- Heat oven to 350F.
- Pierce squash with fork several times. Microwave on HIGH 15 min. or until tender when pierced with knife.
- Meanwhile, brown meat in large skillet; drain. Return to skillet. Stir in pasta sauce and 1/2 tsp. seasoning; bring to boil. Simmer on medium-low heat 5 to 8 min. or until slightly thickened.
- Cut squash in half; remove seeds. Scrape squash into large bowl.
- Add flour; toss to coat.
- Add butter, eggs, Parmesan and garlic; mix lightly. Spoon into 10-inch pie plate sprayed with cooking spray; top with meat sauce, leaving 1/2-inch rim around edge. Top with shredded cheese and remaining seasoning.
- Bake 30 to 35 min. or until squash mixture is heated through and cheese is lightly browned.

Nutrition Facts



Properties

Glycemic Index:205, Glycemic Load:15.18, Inflammation Score:-10, Nutrition Score:75.914347358372%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 1760.78kcal (88.04%), Fat: 102.64g (157.91%), Saturated Fat: 42.12g (263.22%), Carbohydrates: 109.98g (36.66%), Net Carbohydrates: 88.68g (32.25%), Sugar: 40.46g (44.96%), Cholesterol: 774.64mg (258.21%), Sodium: 3315.14mg (144.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 116.1g (232.21%), Selenium: 103.2µg (147.43%), Vitamin B3: 26.43mg (132.17%), Vitamin B6: 2.58mg (128.87%), Phosphorus: 1175.18mg (117.52%), Zinc: 17.6mg (117.3%), Vitamin B12: 6.78µg (112.96%), Manganese: 1.98mg (99.07%), Vitamin A: 4847.52IU (96.95%), Vitamin B2: 1.6mg (94.17%), Calcium: 938.74mg (93.87%), Potassium: 3236.14mg (92.46%), Iron: 15.85mg (88.05%), Fiber: 21.3g (85.2%), Vitamin B5: 8.37mg (83.67%), Vitamin E: 10.07mg (67.13%), Magnesium: 258.98mg (64.74%), Folate: 257.57µg (64.39%), Vitamin C: 47.93mg (58.09%), Copper: 1.11mg (55.7%), Vitamin B1: 0.74mg (49.04%), Vitamin K: 34.95µg (33.28%), Vitamin D: 3.03µg (20.22%)