



## Spasagne or Spaghetti Pie

READY IN



105 min.

SERVINGS



8

CALORIES



1015 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 8 servings butter
- 2 large carrots
- 2 sticks celery
- 8 servings cheese
- 8 servings olive oil extra virgin
- 1 tablespoon flour
- 8 servings flour
- 4 garlic clove

- 500 g ground chicken
- 2 teaspoons seasoning italian
- 8 servings milk
- 500 g ground beef
- 150 g mushrooms
- 1 large onion
- 1 glass red wine
- 8 servings salt and pepper
- 500 g pasta like spaghetti
- 2 sprigs thyme leaves
- 1 can tomato paste
- 400 g tomatoes diced

## Equipment

- sauce pan
- oven
- slotted spoon

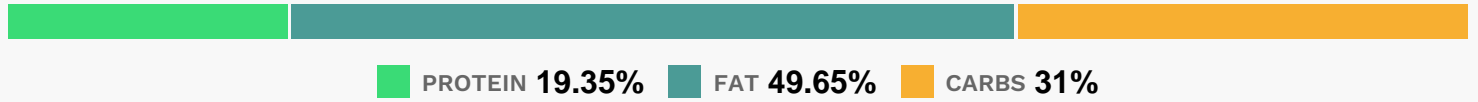
## Directions

- In a large saucepan saute all the ingredients separately. I start with garlic as it flavours the oil and add the carrot and celery (chopped) to the garlic after 30 seconds then fry until the garlic is just turning.
- Drain with a slotted spoon into a dish or Pyrex jug. Then the onion. Until brown. Then the meat, make sure it's not swimming in blood or juice. When you can no longer see pink in the meat and it's broken up add everything else you just sauteed and mix together.
- Sprinkle flour and mix in.
- Add the wet stuff, the tomato the tomato paste and the red wine. Don't add the mushrooms yet. Simmer it up then simmer it for 30 minutes. While it's simmering make the cheese sauce - make a roux and add some cheese make as much as you think to have three cups or thereabouts. Oven on at 350 and water on for the spaghetti (can use any of the spindle based pastas). Once the water is rolling add salt and spaghetti and cook until the pasta is soft, no

more.

- Drain the spaghetti and add some butter to make it non-stick. Get your dish of choice – rectangular is best.
- Layer the 3 parts starting with spaghetti then meat sauce then cheese sauce. Top with some shredded cheese and place in oven for 45 minutes.
- Serve with garlic bread and salad. Excellent after being refrigerated and nuked.

## Nutrition Facts



## Properties

Glycemic Index:77.85, Glycemic Load:31.29, Inflammation Score:-10, Nutrition Score:41.196956966234%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.58mg, Petunidin: 0.58mg, Petunidin: 0.58mg, Petunidin: 0.58mg Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg Malvidin: 4.08mg, Malvidin: 4.08mg, Malvidin: 4.08mg, Malvidin: 4.08mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

## Nutrients (% of daily need)

Calories: 1014.92kcal (50.75%), Fat: 55.03g (84.66%), Saturated Fat: 21.29g (133.09%), Carbohydrates: 77.3g (25.77%), Net Carbohydrates: 72.15g (26.23%), Sugar: 19.81g (22.01%), Cholesterol: 168.15mg (56.05%), Sodium: 792.5mg (34.46%), Alcohol: 3.13g (100%), Alcohol %: 0.6% (100%), Protein: 48.25g (96.49%), Selenium: 74.6µg (106.58%), Vitamin A: 4636.4IU (92.73%), Phosphorus: 792.29mg (79.23%), Calcium: 584.82mg (58.48%), Vitamin B2: 0.95mg (55.67%), Vitamin B12: 3.34µg (55.65%), Vitamin B3: 9.92mg (49.62%), Vitamin B6: 0.99mg (49.31%), Manganese: 0.95mg (47.29%), Zinc: 7.06mg (47.07%), Potassium: 1589.89mg (45.43%), Magnesium: 123.16mg (30.79%), Vitamin E: 4.41mg (29.37%), Vitamin B1: 0.44mg (29.17%), Vitamin B5: 2.82mg (28.18%), Vitamin K: 26.95µg (25.67%), Iron: 4.43mg (24.63%), Copper: 0.48mg (24.1%), Fiber: 5.15g (20.62%), Vitamin D: 2.96µg (19.76%), Vitamin C: 15.55mg (18.85%), Folate: 63.64µg (15.91%)