



Stacie's Spaghetti Pie

READY IN



45 min.

SERVINGS



8

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup olives black chopped
- ☐ 8 oz pasta like spaghetti cooked
- ☐ 4 eggs
- ☐ 2 teaspoons garlic minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 teaspoon penzey's southwest seasoning italian
- ☐ 0.5 cup milk
- ☐ 0.3 pound mozzarella cheese cubed
- ☐ 1 cup mushrooms sliced

- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 cup favorite pasta sauce
- ☐ 0.8 cup pepperoni sliced
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 0.5 teaspoon seasoning salt

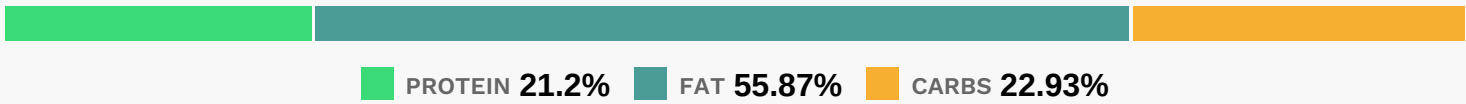
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Toss cooked spaghetti with oil in a large bowl; add sauce, vegetables, mozzarella, garlic and seasonings.
- ☐ Mix well; spread in a lightly greased 13"x9" baking pan.
- ☐ Whisk together eggs and milk; pour over spaghetti mixture. Arrange pepperoni evenly on top; sprinkle with Parmesan.
- ☐ Bake, uncovered, at 375 degrees for 25 to 30 minutes, until bubbly and golden.
- ☐ Let stand for 5 minutes; cut into squares.

Nutrition Facts



Properties

Glycemic Index:32.94, Glycemic Load:5.1, Inflammation Score:-4, Nutrition Score:10.425217317498%

Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 242.18kcal (12.11%), Fat: 15.12g (23.27%), Saturated Fat: 6.07g (37.92%), Carbohydrates: 13.97g (4.66%),
Net Carbohydrates: 12.35g (4.49%), Sugar: 2.74g (3.04%), Cholesterol: 110.58mg (36.86%), Sodium: 827.16mg
(35.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.92g (25.83%), Selenium: 23.7µg (33.85%),
Phosphorus: 204.26mg (20.43%), Calcium: 175.53mg (17.55%), Vitamin B2: 0.29mg (17.03%), Vitamin B12: 0.83µg
(13.8%), Vitamin C: 10.12mg (12.27%), Manganese: 0.24mg (12.03%), Zinc: 1.59mg (10.63%), Vitamin A: 514.34IU
(10.29%), Vitamin E: 1.41mg (9.42%), Vitamin B6: 0.19mg (9.36%), Vitamin B5: 0.88mg (8.83%), Iron: 1.48mg (8.24%),
Potassium: 271.81mg (7.77%), Vitamin B3: 1.51mg (7.57%), Copper: 0.15mg (7.57%), Fiber: 1.62g (6.47%), Magnesium:
24.66mg (6.16%), Vitamin D: 0.86µg (5.72%), Vitamin B1: 0.08mg (5.58%), Folate: 20.54µg (5.13%), Vitamin K:
4.28µg (4.08%)