



Three Cheese Spaghetti Pie

READY IN



45 min.

SERVINGS



10

CALORIES



975 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces pasta like spaghetti cooked drained
- ☐ 1 teaspoon parsley dried
- ☐ 1 egg white
- ☐ 1 egg yolk
- ☐ 0.5 pound ground beef lean
- ☐ 0.3 cup parmesan cheese grated
- ☐ 9 inch pie shell
- ☐ 0.8 cup ricotta cheese
- ☐ 1 cup mozzarella cheese shredded

☐ 1.3 cups spaghetti sauce

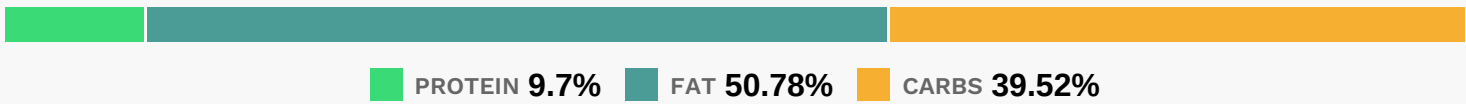
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a medium size bowl, combine spaghetti, egg white and Parmesan cheese.
- ☐ Place mixture into a 9 inch pie shell.
- ☐ In a skillet over medium heat, cook beef until browned.
- ☐ Add spaghetti sauce, stirring, and cook for 5 more minutes. Set aside.
- ☐ In a medium size bowl combine egg yolk, ricotta, parsley and 1/2 cup of the mozzarella.
- ☐ Spread cheese mixture over spaghetti mixture in pie shell, spread meat sauce over cheese mixture and top with remaining 1/2 cup of mozzarella.
- ☐ Cover pie with foil and bake at 375 degrees F (190 degrees C) for 35 minutes, removing foil during the last 10 minutes of cooking.
- ☐ Let stand before serving.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:3.14, Inflammation Score:-6, Nutrition Score:18.989130486613%

Flavonoids

Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 975.28kcal (48.76%), Fat: 54.64g (84.07%), Saturated Fat: 18.94g (118.4%), Carbohydrates: 95.71g (31.9%), Net Carbohydrates: 90.44g (32.89%), Sugar: 1.39g (1.54%), Cholesterol: 54.74mg (18.25%), Sodium: 1046.57mg (45.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.48g (46.96%), Manganese: 0.89mg (44.75%), Selenium: 26.26µg (37.51%), Vitamin B1: 0.52mg (35%), Folate: 137.06µg (34.27%), Iron: 5.92mg (32.89%), Vitamin B3: 6.52mg (32.58%), Phosphorus: 290.32mg (29.03%), Vitamin B2: 0.47mg (27.54%), Fiber: 5.27g (21.07%), Zinc: 2.85mg (18.99%), Calcium: 168.89mg (16.89%), Vitamin B12: 0.91µg (15.16%), Vitamin K: 14.73µg (14.03%), Vitamin B6: 0.24mg (11.93%), Magnesium: 45.56mg (11.39%), Potassium: 392.81mg (11.22%), Vitamin B5: 1.11mg (11.14%), Copper: 0.21mg (10.67%), Vitamin E: 1.45mg (9.66%), Vitamin A: 347.87IU (6.96%), Vitamin C: 2.16mg (2.61%), Vitamin D: 0.22µg (1.46%)