



Veggie Spaghetti

READY IN



45 min.

SERVINGS



6

CALORIES



742 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 large olives black halved
- 4.5 ounce mushrooms sliced canned
- 28 ounce canned tomatoes whole peeled canned
- 3 tablespoons flour all-purpose
- 1 cup heavy whipping cream
- 0.8 cup butter
- 1 cup milk
- 1 onion chopped
- 0.5 cup parmesan cheese grated

- 0.5 teaspoon salt
- 1 pound pasta like spaghetti

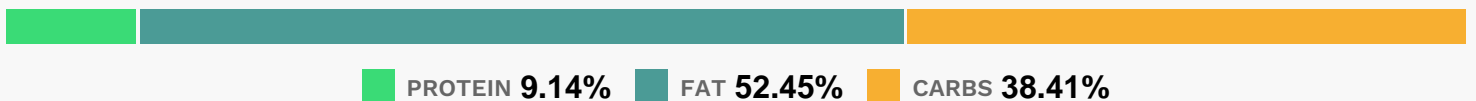
Equipment

- frying pan
- sauce pan
- oven
- pot
- baking pan

Directions

- In a large skillet melt 1/2 cup margarine over medium heat. Stir in onion, chopped tomatoes, and salt; simmer for 1/2 hour.
- Meanwhile, in a large pot with boiling salted water cook pasta until al dente.
- Drain.
- Place cooked spaghetti in the bottom of a greased 9x13 inch baking dish.
- In a small saucepan melt 3 tablespoons of margarine over medium heat. Take off heat and quickly stir in 3 tablespoons of flour to make a paste. Return to heat and slowly stir in the milk. Cook on low, stirring often, until thick.
- Add heavy cream and continue to cook until slightly thickened.
- Pour simmered tomato mix over top of spaghetti.
- Sprinkle on olive halves and mushrooms.
- Pour cream sauce on top.
- Sprinkle with grated Parmesan cheese.
- Bake in a preheated 350 degree F (175 degrees C) oven for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:25.86, Inflammation Score:-9, Nutrition Score:19.990434708803%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 742.13kcal (37.11%), Fat: 43.76g (67.32%), Saturated Fat: 16.37g (102.3%), Carbohydrates: 72.1g (24.03%), Net Carbohydrates: 67.1g (24.4%), Sugar: 9.63g (10.7%), Cholesterol: 56.95mg (18.98%), Sodium: 1074.26mg (46.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.16g (34.32%), Selenium: 55.12µg (78.74%), Manganese: 0.87mg (43.61%), Vitamin A: 1930.49IU (38.61%), Phosphorus: 315.26mg (31.53%), Calcium: 227.71mg (22.77%), Fiber: 5g (19.98%), Copper: 0.39mg (19.63%), Vitamin B2: 0.32mg (18.63%), Magnesium: 73mg (18.25%), Vitamin E: 2.68mg (17.86%), Potassium: 605.69mg (17.31%), Vitamin B6: 0.34mg (17.1%), Vitamin C: 13.96mg (16.92%), Iron: 2.77mg (15.41%), Vitamin B1: 0.22mg (14.76%), Vitamin B3: 2.91mg (14.57%), Zinc: 2.09mg (13.93%), Vitamin B5: 1mg (9.99%), Folate: 39.76µg (9.94%), Vitamin D: 1.17µg (7.77%), Vitamin B12: 0.42µg (7.07%), Vitamin K: 5.67µg (5.4%)