



All-In-One Spaghetti

READY IN



75 min.

SERVINGS



6

CALORIES



498 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 2 teaspoons chili powder
- ☐ 2 garlic cloves minced
- ☐ 1 pound ground beef
- ☐ 1 large onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 6 servings parmesan cheese grated
- ☐ 6 servings garnish: parsley sprigs fresh italian
- ☐ 1 Dash pepper

- ☐ 1 teaspoon salt
- ☐ 7 ounce pasta like spaghetti uncooked
- ☐ 1 teaspoon sugar
- ☐ 3 cups sacramento tomato juice
- ☐ 6 ounce tomato paste canned
- ☐ 1 cup water

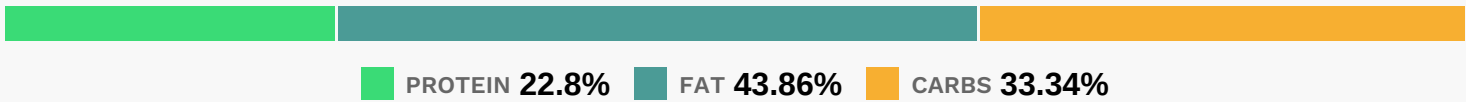
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook first 3 ingredients in a Dutch oven, stirring until beef crumbles and is no longer pink; drain well. Return beef mixture to pan. Stir in tomato sauce and next 8 ingredients; bring to a boil. Cover, reduce heat, and simmer, stirring often, 30 minutes.
- ☐ Add pasta; cover and simmer, stirring often, 20 minutes or until pasta is tender.
- ☐ Serve with cheese, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:58.74, Glycemic Load:13.74, Inflammation Score:-9, Nutrition Score:26.610869532046%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg

Nutrients (% of daily need)

Calories: 498.13kcal (24.91%), Fat: 24.45g (37.61%), Saturated Fat: 10.62g (66.36%), Carbohydrates: 41.8g (13.93%), Net Carbohydrates: 38.19g (13.89%), Sugar: 9.65g (10.73%), Cholesterol: 79.78mg (26.59%), Sodium: 1210.36mg (52.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.59g (57.19%), Vitamin K: 75.78µg (72.17%), Selenium: 43.93µg (62.76%), Phosphorus: 426.92mg (42.69%), Vitamin C: 34.98mg (42.4%), Zinc: 5.41mg (36.05%), Vitamin B12: 2.02µg (33.71%), Calcium: 334.94mg (33.49%), Vitamin A: 1571.85IU (31.44%), Manganese: 0.6mg (30.01%), Vitamin B6: 0.59mg (29.67%), Vitamin B3: 5.5mg (27.51%), Potassium: 886.82mg (25.34%), Iron: 3.85mg (21.37%), Vitamin B2: 0.33mg (19.54%), Magnesium: 72.66mg (18.17%), Copper: 0.36mg (17.88%), Fiber: 3.61g (14.42%), Vitamin E: 2.14mg (14.25%), Folate: 56.27µg (14.07%), Vitamin B5: 1.18mg (11.81%), Vitamin B1: 0.18mg (11.8%), Vitamin D: 0.23µg (1.5%)