



BBQ Spaghetti

 Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



906 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 1 pound meat from a rotisserie chicken cooked chopped
- ☐ 1 tablespoon garlic salt
- ☐ 1 small bell pepper green chopped
- ☐ 0.5 tablespoon ground mustard
- ☐ 0.5 tablespoon ground pepper fresh black
- ☐ 2 cups catsup
- ☐ 1 tablespoon juice of lemon

- ☐ 5 tablespoons brown sugar light
- ☐ 1 tablespoon olive oil
- ☐ 0.5 tablespoon onion powder
- ☐ 1 pound pasta like spaghetti
- ☐ 5 tablespoons sugar
- ☐ 1 cup water
- ☐ 1 tablespoon worcestershire sauce
- ☐ 0.5 onion yellow finely chopped

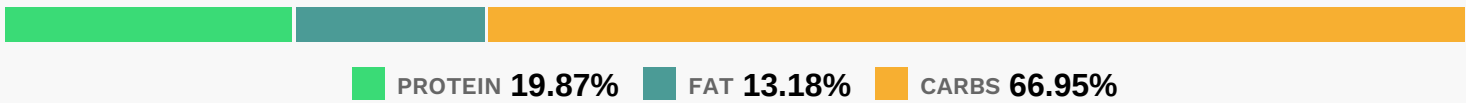
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large skillet, heat olive oil over medium heat.
- ☐ Saute the pepper and onion until softened, 1 to 2 minutes. Stir in the garlic salt.
- ☐ Add the BBQ sauce and bring to a boil. Reduce the heat to a low simmer and add the chopped meat.
- ☐ Meanwhile, fill a large pot with water and bring to boil. Season liberally with salt and add spaghetti. Cook until al dente (firm but not hard), about 7 minutes, and drain. Toss spaghetti with sauce.
- ☐ In a medium saucepan, combine all ingredients. Bring mixture to a boil, reduce heat to simmer. Cooked uncovered, stirring frequently, for 1 hour 15 minutes.

Nutrition Facts



Properties

Glycemic Index:55.27, Glycemic Load:45.05, Inflammation Score:-8, Nutrition Score:27.534347513448%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 905.85kcal (45.29%), Fat: 13.3g (20.47%), Saturated Fat: 2.91g (18.21%), Carbohydrates: 152.12g (50.71%), Net Carbohydrates: 147.14g (53.51%), Sugar: 59.9g (66.55%), Cholesterol: 85.05mg (28.35%), Sodium: 2990.53mg (130.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.13g (90.27%), Selenium: 102.78µg (146.83%), Manganese: 1.44mg (71.81%), Vitamin B3: 12.79mg (63.94%), Phosphorus: 488.02mg (48.8%), Vitamin B6: 0.89mg (44.67%), Potassium: 1007.57mg (28.79%), Copper: 0.56mg (28.16%), Magnesium: 112.51mg (28.13%), Vitamin C: 23.08mg (27.98%), Vitamin B2: 0.46mg (26.83%), Zinc: 3.71mg (24.73%), Iron: 3.98mg (22.12%), Fiber: 4.98g (19.91%), Vitamin B5: 1.73mg (17.31%), Vitamin E: 2.52mg (16.77%), Vitamin A: 738.77IU (14.78%), Vitamin B1: 0.22mg (14.54%), Folate: 44.69µg (11.17%), Calcium: 91.8mg (9.18%), Vitamin K: 8.6µg (8.19%), Vitamin B12: 0.33µg (5.48%)