



Bloody Mary Spaghetti Bowls

 Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground sausage italian
- ☐ 3 cups water hot
- ☐ 1 box hawaiian rolls
- ☐ 0.5 teaspoon worcestershire sauce
- ☐ 0.3 teaspoon sauce of the chicken from the turbo broiler
- ☐ 3 tablespoons vodka
- ☐ 1 serving olives
- ☐ 1 serving pickled cucumbers / gherkins

- ☐ 1 serving celery stalks with leaves
- ☐ 1 serving pepper flakes hot
- ☐ 1 serving lime wedges

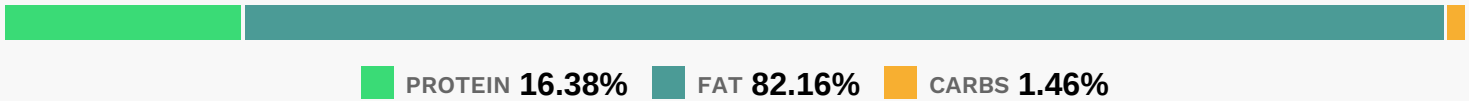
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In 10-inch skillet, cook sausage until no longer pink; drain. Stir in hot water, sauce mix and uncooked pasta (from Hamburger Helper box), Worcestershire sauce and pepper sauce.
- ☐ Heat to boiling, stirring occasionally.
- ☐ Reduce heat; cover and simmer about 10 minutes, stirring occasionally, until pasta is tender.
- ☐ Remove from heat; uncover. Stir in vodka.
- ☐ Let stand 10 minutes (sauce will thicken as it stands).
- ☐ Serve in bowls; top with garnishes as desired.

Nutrition Facts



Properties

Glycemic Index:42.8, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:8.1095652385898%

Flavonoids

Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 342.41kcal (17.12%), Fat: 29.05g (44.7%), Saturated Fat: 10.31g (64.42%), Carbohydrates: 1.17g (0.39%), Net Carbohydrates: 0.99g (0.36%), Sugar: 0.21g (0.23%), Cholesterol: 68.95mg (22.98%), Sodium: 751.84mg (32.69%), Alcohol: 3.01g (100%), Alcohol %: 1.53% (100%), Protein: 13.03g (26.06%), Vitamin B1: 0.52mg (34.64%), Selenium: 22.6µg (32.29%), Vitamin B3: 3mg (14.98%), Vitamin B6: 0.28mg (14.19%), Vitamin B12: 0.83µg (13.77%),

Phosphorus: 130.96mg (13.1%), Zinc: 1.65mg (10.99%), Vitamin B2: 0.16mg (9.21%), Potassium: 243.54mg (6.96%), Iron: 1.15mg (6.4%), Vitamin C: 4.84mg (5.86%), Copper: 0.11mg (5.27%), Vitamin B5: 0.47mg (4.69%), Magnesium: 15.19mg (3.8%), Manganese: 0.06mg (2.89%), Calcium: 24.02mg (2.4%), Folate: 8.16µg (2.04%), Vitamin E: 0.17mg (1.12%)