



## Chili Spaghetti

READY IN



30 min.

SERVINGS



5

CALORIES



629 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 7 oz pasta like spaghetti
- 1 lb ground beef 80% lean (at least )
- 0.5 cup onion chopped
- 14.5 oz canned tomatoes diced organic undrained canned
- 19 oz beans red undrained canned
- 8 oz tomato sauce organic canned
- 1 tablespoon chili powder
- 1 teaspoon salt
- 5 oz cheddar cheese shredded

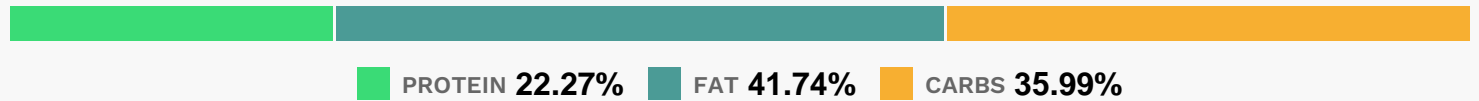
# Equipment

sauce pan

# Directions

- Cook spaghetti as directed on package. Meanwhile, in 3-quart saucepan, cook beef and onion over medium heat, stirring occasionally, until beef is brown and onion is tender; drain.
- Stir in tomatoes, beans, tomato sauce, chili powder and salt. Cook uncovered over medium heat about 10 minutes, stirring occasionally, until as thick as you'd like.
- Drain spaghetti; divide among dinner plates. Top with beef mixture; sprinkle with cheese.

# Nutrition Facts



# Properties

Glycemic Index:46.2, Glycemic Load:20.23, Inflammation Score:-8, Nutrition Score:28.192173719406%

# Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

# Nutrients (% of daily need)

Calories: 628.7kcal (31.44%), Fat: 29.38g (45.2%), Saturated Fat: 12.69g (79.31%), Carbohydrates: 57g (19%), Net Carbohydrates: 46.94g (17.07%), Sugar: 9.17g (10.19%), Cholesterol: 92.76mg (30.92%), Sodium: 1339.85mg (58.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.26g (70.53%), Selenium: 49.07µg (70.1%), Phosphorus: 510.38mg (51.04%), Manganese: 0.94mg (46.87%), Zinc: 6.48mg (43.19%), Fiber: 10.05g (40.2%), Vitamin B12: 2.24µg (37.36%), Vitamin B6: 0.68mg (33.78%), Vitamin B3: 6.71mg (33.57%), Iron: 5.49mg (30.48%), Potassium: 1065.63mg (30.45%), Calcium: 299.89mg (29.99%), Copper: 0.56mg (28.15%), Vitamin B2: 0.45mg (26.29%), Magnesium: 103.67mg (25.92%), Vitamin A: 1131.95IU (22.64%), Vitamin E: 2.94mg (19.63%), Vitamin B1: 0.28mg (18.74%), Folate: 65.72µg (16.43%), Vitamin C: 12.8mg (15.51%), Vitamin K: 14.15µg (13.48%), Vitamin B5: 1.29mg (12.86%), Vitamin D: 0.26µg (1.74%)