



 **28%**
HEALTH SCORE

Cowboy Spaghetti

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



1067 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 slices bacon chopped
- 0.5 cup beer
- 14 ounce canned tomatoes fire roasted crushed chopped
- 3 cloves garlic chopped
- 4 servings pepper black
- 1 pound ground sirloin
- 2 teaspoons hot sauce
- 1 tablespoon olive oil extra virgin extra-virgin

- 1 medium onion chopped
- 4 servings salt
- 4 spring onion chopped
- 8 ounces sharp cheddar cheese
- 1 pound pasta like spaghetti
- 8 ounces tomato sauce
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- frying pan
- pot
- slotted spoon

Directions

- Heat a pot of water to a boil.
- Add spaghetti and salt the water. Cook to al dente or with a bite to it.
- Heat a deep skillet over medium-high heat.
- Add extra-virgin olive oil and bacon. Brown and crisp bacon, 5 minutes, remove with a slotted spoon.
- Drain off a little excess fat if necessary. Leave just enough to coat the bottom of the skillet.
- Add beef and crumble it as it browns, 3 to 4 minutes.
- Add onions, garlic and stir into meat. Season the meat with salt and pepper, hot sauce and Worcestershire.
- Add 1/2 cup beer and deglaze the pan. Cook 5 to 6 minutes more then stir in tomatoes and tomato sauce.
- Add hot spaghetti to meat and sauce and combine. Adjust seasonings and serve up pasta in shallow bowls. Grate some cheese over the pasta and sprinkle with scallions.
- Garnish with crisp bacon

Nutrition Facts

PROTEIN 20.38% FAT 41.46% CARBS 38.16%

Properties

Glycemic Index:68.88, Glycemic Load:36.78, Inflammation Score:-9, Nutrition Score:34.563478221064%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 1066.64kcal (53.33%), Fat: 48.29g (74.29%), Saturated Fat: 20.57g (128.58%), Carbohydrates: 100.01g (33.34%), Net Carbohydrates: 93.91g (34.15%), Sugar: 9.44g (10.49%), Cholesterol: 144.7mg (48.23%), Sodium: 1289.82mg (56.08%), Alcohol: 1.15g (100%), Alcohol %: 0.27% (100%), Protein: 53.43g (106.85%), Selenium: 110.02µg (157.17%), Phosphorus: 729.9mg (72.99%), Zinc: 9.21mg (61.43%), Manganese: 1.23mg (61.41%), Vitamin B12: 3.15µg (52.5%), Calcium: 505.74mg (50.57%), Vitamin B3: 8.75mg (43.76%), Vitamin B6: 0.78mg (38.86%), Vitamin B2: 0.57mg (33.82%), Iron: 5.63mg (31.27%), Vitamin K: 31.89µg (30.37%), Magnesium: 114.62mg (28.65%), Potassium: 960.67mg (27.45%), Vitamin A: 1344.17IU (26.88%), Copper: 0.53mg (26.7%), Fiber: 6.1g (24.41%), Vitamin B1: 0.25mg (16.95%), Vitamin B5: 1.68mg (16.84%), Vitamin E: 2.44mg (16.27%), Vitamin C: 12.8mg (15.51%), Folate: 59.44µg (14.86%), Vitamin D: 0.52µg (3.46%)