

Dad's Spaghetti

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



571 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 21.5 ounce condensed tomato soup canned
- ☐ 2 pounds ground beef lean
- ☐ 1 onion minced
- ☐ 1 pound pasta like spaghetti
- ☐ 6 ounce tomato paste canned
- ☐ 2.5 cups water

Equipment

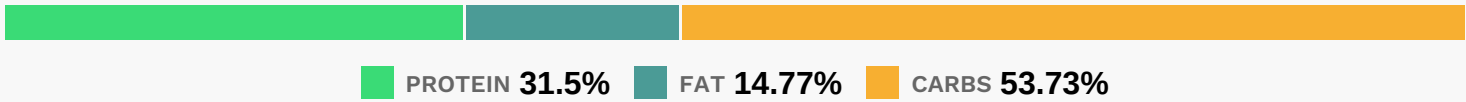
- ☐ frying pan

☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In a large skillet over medium heat, cook ground beef with onion until meat is brown.
- ☐ Drain. Return meat mixture to pan with tomato paste, tomato soup and water. Cook, stirring, until heated through and thickened, 5 to 15 minutes.
- ☐ Serve over cooked pasta.

Nutrition Facts



Properties

Glycemic Index:23.92, Glycemic Load:28.89, Inflammation Score:-7, Nutrition Score:28.133478216503%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 571.06kcal (28.55%), Fat: 9.25g (14.22%), Saturated Fat: 3.75g (23.42%), Carbohydrates: 75.69g (25.23%), Net Carbohydrates: 71.3g (25.93%), Sugar: 12.4g (13.78%), Cholesterol: 93.74mg (31.25%), Sodium: 530.39mg (23.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.38g (88.76%), Selenium: 77.4µg (110.57%), Zinc: 9.06mg (60.42%), Vitamin B12: 3.39µg (56.45%), Vitamin B3: 10.83mg (54.16%), Phosphorus: 488.13mg (48.81%), Manganese: 0.92mg (46.2%), Vitamin B6: 0.85mg (42.6%), Potassium: 1372.47mg (39.21%), Iron: 5.59mg (31.04%), Magnesium: 96.04mg (24.01%), Copper: 0.46mg (23.02%), Vitamin C: 17.07mg (20.69%), Vitamin B2: 0.32mg (19.04%), Fiber: 4.39g (17.55%), Vitamin B5: 1.4mg (13.98%), Vitamin B1: 0.2mg (13.49%), Vitamin A: 459.53IU (9.19%), Vitamin E: 1.21mg (8.07%), Folate: 28.34µg (7.08%), Calcium: 59.5mg (5.95%), Vitamin K: 5.36µg (5.1%), Vitamin D: 0.15µg (1.01%)