



Dad's Spaghetti Western

READY IN



30 min.

SERVINGS



6

CALORIES



605 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15.3 ounce kidney beans drained canned
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1.5 teaspoons chili powder
- ☐ 1 teaspoon basil dried
- ☐ 0.8 teaspoon garlic powder divided
- ☐ 1 pound ground beef
- ☐ 1 onion chopped
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 cup heavy whipping cream sour

- ☐ 8 ounce pasta like spaghetti
- ☐ 6 ounce tomato paste canned

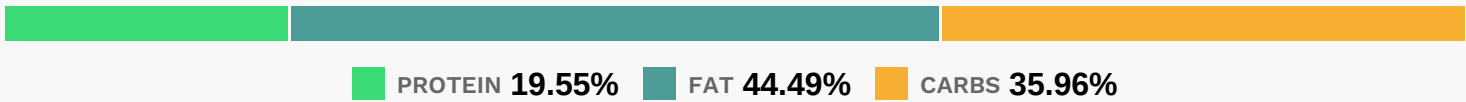
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Crumble beef into a large microwave-safe bowl. Cook for 3 minutes on high; drain fat and stir in onion, chili powder, basil, 1/2 teaspoon garlic powder, tomatoes and tomato paste. Fill the paste can with water and add. Cover bowl with plastic wrap and microwave on high for 10 minutes.
- ☐ Stir broken spaghetti into meat mixture; re-cover with plastic wrap and microwave on high for 6 minutes. Stir, re-cover and microwave on high for 3 to 4 minutes, or until spaghetti is tender. Stir in beans, re-cover and let stand 5 minutes.
- ☐ In a separate bowl, combine cheese, sour cream and remaining 1/4 teaspoon garlic powder. Microwave on medium-high for 2 minutes, or until cheese is melted.
- ☐ Serve over spaghetti mixture.

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:18.72, Inflammation Score:-8, Nutrition Score:26.576521697252%

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: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 605.14kcal (30.26%), Fat: 30.34g (46.68%), Saturated Fat: 13.53g (84.59%), Carbohydrates: 55.17g (18.39%), Net Carbohydrates: 46.51g (16.91%), Sugar: 11.61g (12.89%), Cholesterol: 95.13mg (31.71%), Sodium:

593.77mg (25.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30g (60%), Selenium: 44.02µg (62.89%), Manganese: 0.92mg (45.8%), Phosphorus: 442.89mg (44.29%), Zinc: 5.47mg (36.45%), Fiber: 8.66g (34.65%), Vitamin B6: 0.67mg (33.3%), Vitamin B12: 1.9µg (31.63%), Vitamin B3: 6.29mg (31.47%), Potassium: 1054.24mg (30.12%), Iron: 5.3mg (29.44%), Copper: 0.59mg (29.3%), Calcium: 278.83mg (27.88%), Vitamin B2: 0.43mg (25.06%), Magnesium: 99.6mg (24.9%), Vitamin C: 17.07mg (20.69%), Vitamin B1: 0.29mg (19.2%), Vitamin E: 2.88mg (19.17%), Vitamin A: 922.78IU (18.46%), Vitamin K: 17.35µg (16.53%), Folate: 62.29µg (15.57%), Vitamin B5: 1.32mg (13.2%), Vitamin D: 0.19µg (1.26%)