



Dinner Tonight: Barbecue Spaghetti

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



806 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup barbecue sauce
- ☐ 4 ounces tomatoes diced canned
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.5 cup olive oil
- ☐ 2 large onion diced
- ☐ 1 tablespoon oregano fresh chopped

- ☐ 1 cup barbequed pulled pork
- ☐ 16 ounces pasta like spaghetti
- ☐ 0.3 cup sugar
- ☐ 3 ounces tomato paste

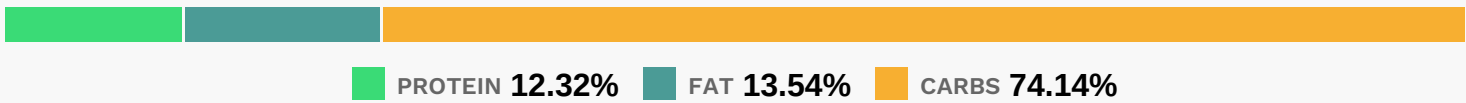
Equipment

- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ wooden spoon
- ☐ colander

Directions

- ☐ Bring large pot of water to a boil. Meanwhile, pour oil into heavy-bottomed 12-inch stainless steel skillet over medium-high heat. When oil shimmers, add onions and garlic. Cook until onion turns translucent, stirring often with wooden spoon, about 5 minutes.
- ☐ Add diced tomatoes and tomato paste to skillet, reduce heat to medium-low, and simmer for five minutes.
- ☐ Add sugar, oregano, and basil. Stir well, and cook for another five minutes.
- ☐ Transfer sauce to a blender, and add barbecue sauce. Blend until smooth. Season with salt to taste.
- ☐ Add spaghetti to boiling water and cook according to directions on box. When done, drain pasta in colander. Return pasta to empty pot and pour in barbecue sauce. Stir well, and add pork.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:72.27, Glycemic Load:45.82, Inflammation Score:-9, Nutrition Score:21.515217283498%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 15.38mg, Quercetin: 15.38mg, Quercetin: 15.38mg, Quercetin: 15.38mg

Nutrients (% of daily need)

Calories: 805.77kcal (40.29%), Fat: 12.19g (18.75%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 150.15g (50.05%), Net Carbohydrates: 142.9g (51.96%), Sugar: 54.36g (60.4%), Cholesterol: 25.43mg (8.48%), Sodium: 2180.03mg (94.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.95g (49.91%), Selenium: 74.37µg (106.24%), Manganese: 1.4mg (69.81%), Fiber: 7.26g (29.03%), Phosphorus: 276.68mg (27.67%), Copper: 0.52mg (25.96%), Potassium: 817.87mg (23.37%), Magnesium: 92.85mg (23.21%), Iron: 4.06mg (22.57%), Vitamin B6: 0.41mg (20.26%), Vitamin E: 2.83mg (18.86%), Vitamin C: 14.69mg (17.81%), Vitamin K: 18.06µg (17.2%), Vitamin B3: 3.37mg (16.83%), Zinc: 2.07mg (13.81%), Calcium: 133.6mg (13.36%), Vitamin A: 655.5IU (13.11%), Vitamin B1: 0.18mg (12.16%), Folate: 44.24µg (11.06%), Vitamin B2: 0.19mg (10.98%), Vitamin B5: 0.78mg (7.79%)