



Easy Spaghetti

READY IN



30 min.

SERVINGS



2

CALORIES



655 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 pound ground beef 90% lean ()
- 0.3 cup onion chopped
- 2 cups pasta sauce
- 1 cup water
- 3 ounces pasta like spaghetti uncooked
- 0.3 pound processed cheese food cubed reduced-fat (Velveeta)
- 2 teaspoons parmesan cheese grated

Equipment

frying pan

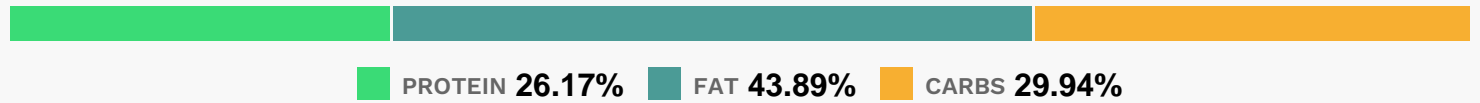
Directions

In a nonstick skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the spaghetti sauce, water and spaghetti; bring to a boil. Reduce heat; cover and simmer for 20 minutes or until spaghetti is tender.

Add process cheese; stir until melted.

Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:70.5, Glycemic Load:17.94, Inflammation Score:-9, Nutrition Score:33.727391305177%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 655.25kcal (32.76%), Fat: 32.14g (49.45%), Saturated Fat: 15.83g (98.94%), Carbohydrates: 49.34g (16.45%), Net Carbohydrates: 43.96g (15.99%), Sugar: 11.99g (13.32%), Cholesterol: 134.7mg (44.9%), Sodium: 2279.11mg (99.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.12g (86.25%), Selenium: 60.45µg (86.35%), Phosphorus: 755.66mg (75.57%), Calcium: 701.06mg (70.11%), Vitamin B12: 3.42µg (57.05%), Zinc: 8.24mg (54.94%), Vitamin B3: 8.97mg (44.86%), Vitamin B6: 0.78mg (38.88%), Potassium: 1299.6mg (37.13%), Manganese: 0.72mg (35.83%), Vitamin A: 1639.69IU (32.79%), Iron: 5.87mg (32.59%), Vitamin B2: 0.52mg (30.4%), Vitamin E: 4.42mg (29.47%), Copper: 0.54mg (27.05%), Magnesium: 101.62mg (25.4%), Vitamin C: 18.63mg (22.58%), Fiber: 5.38g (21.5%), Vitamin B5: 1.88mg (18.84%), Folate: 45.14µg (11.28%), Vitamin B1: 0.16mg (10.92%), Vitamin K: 9.45µg (9%), Vitamin D: 0.48µg (3.19%)