

Enhanced Spaghetti

 Dairy Free

READY IN



9 min.

SERVINGS



8

CALORIES



219 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cubes beef bouillon from cube
- ☐ 1 tablespoon garlic powder
- ☐ 2 tablespoons paprika
- ☐ 16 ounce pasta like spaghetti uncooked
- ☐ 1 gallon water

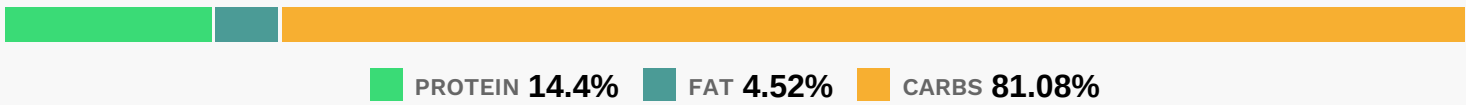
Equipment

- ☐ pot

Directions

- ☐ Pour the water into a large pot. Season with paprika, garlic powder, beef bouillon and salt. Bring to a rolling boil.
- ☐ Add spaghetti, stir and boil for 4 minutes. Turn off the heat, cover and let stand for 4 more minutes.
- ☐ Drain and, if you wish, rise but don't overdo it.
- ☐ Serve with your favorite sauce.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:17.1, Inflammation Score:-6, Nutrition Score:8.4017391065541%

Nutrients (% of daily need)

Calories: 218.67kcal (10.93%), Fat: 1.09g (1.68%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 44.01g (14.67%), Net Carbohydrates: 41.49g (15.09%), Sugar: 1.72g (1.91%), Cholesterol: 0mg (0%), Sodium: 32.57mg (1.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.82g (15.64%), Selenium: 36.19µg (51.7%), Manganese: 0.56mg (27.88%), Vitamin A: 861.95IU (17.24%), Copper: 0.26mg (12.87%), Phosphorus: 116.93mg (11.69%), Fiber: 2.52g (10.06%), Magnesium: 38.69mg (9.67%), Vitamin B6: 0.13mg (6.73%), Iron: 1.17mg (6.47%), Zinc: 0.95mg (6.35%), Vitamin B3: 1.16mg (5.78%), Potassium: 178.81mg (5.11%), Vitamin B1: 0.06mg (4.08%), Vitamin E: 0.58mg (3.86%), Vitamin B2: 0.06mg (3.36%), Calcium: 30.96mg (3.1%), Vitamin B5: 0.3mg (2.96%), Folate: 11.55µg (2.89%), Vitamin K: 1.47µg (1.4%)