



German Spaghettini

 Dairy Free

READY IN



95 min.

SERVINGS



8

CALORIES



430 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 slices bacon
- 15 ounce tomato sauce canned
- 28 ounce canned tomatoes canned
- 0.3 pound sausage italian
- 1 pound ground beef lean
- 12 ounces spaghettini
- 0.3 cup sugar white

Equipment

- frying pan
- oven
- pot
- casserole dish

Directions

- In a skillet over medium heat, brown the ground beef until no pink shows; drain and remove from skillet. Brown Sausage in skillet until cooked through; drain.
- Combine in skillet with sausage: browned beef, bacon, tomato sauce, tomatoes and sugar. Simmer 45 minutes.
- Bring a large pot of lightly salted water to a boil.
- Add spaghetti pasta and cook for 8 to 10 minutes or until al dente; drain.
- Preheat oven to 300 degrees F (150 degrees C).
- Mix cooked spaghetti with tomato-meat mixture.
- Pour in casserole dish and bake for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:27.89, Glycemic Load:21.55, Inflammation Score:-6, Nutrition Score:19.290869518467%

Nutrients (% of daily need)

Calories: 429.88kcal (21.49%), Fat: 14.93g (22.97%), Saturated Fat: 5.25g (32.79%), Carbohydrates: 50.41g (16.8%), Net Carbohydrates: 46.37g (16.86%), Sugar: 15.71g (17.46%), Cholesterol: 56.82mg (18.94%), Sodium: 635.83mg (27.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.05g (48.1%), Selenium: 44.54µg (63.62%), Vitamin B3: 6.7mg (33.51%), Manganese: 0.64mg (32.22%), Zinc: 4.32mg (28.8%), Vitamin B6: 0.57mg (28.5%), Phosphorus: 282.63mg (28.26%), Vitamin B12: 1.48µg (24.69%), Potassium: 808.3mg (23.09%), Iron: 3.94mg (21.9%), Copper: 0.43mg (21.41%), Vitamin B1: 0.27mg (18.32%), Magnesium: 66.79mg (16.7%), Fiber: 4.04g (16.17%), Vitamin C: 13.13mg (15.92%), Vitamin E: 2.28mg (15.21%), Vitamin B2: 0.24mg (14.22%), Vitamin B5: 1.15mg (11.51%), Vitamin A: 449.6IU (8.99%), Folate: 29.31µg (7.33%), Vitamin K: 6.96µg (6.63%), Calcium: 58.67mg (5.87%)