



WHATSheATE



Hwy 61 Roadhouse BBQ Spaghetti

READY IN



25 min.

SERVINGS



2

CALORIES



817 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces bbq sauce
- ☐ 2 tablespoons butter softened
- ☐ 1 pound pasta like spaghetti cooked
- ☐ 2 pieces bread french cut in half lengthwise
- ☐ 4 tablespoons parsley fresh chopped
- ☐ 6 ounces barbequed pulled pork shredded with no sauce and into small pieces)

Equipment

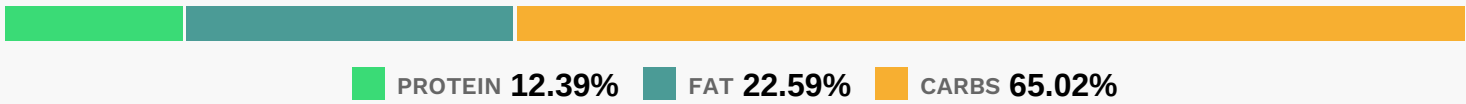
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ broiler
- ☐ spatula
- ☐ toaster

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the broiler or toaster oven.
- ☐ Put the reserved pasta water in a large skillet.
- ☐ Heat over a medium flame until it begins to steam.
- ☐ Add the BBQ sauce and, using a rubber spatula, thoroughly mix.
- ☐ Add the pulled pork and toss in the sauce until completely coated.
- ☐ Add the spaghetti and toss until completely coated with the sauce. Lower the heat and let cook until the spaghetti is completely hot.
- ☐ While the spaghetti is heating, butter the bread, place on a cookie sheet and toast in the broiler or toaster oven.
- ☐ Once the spaghetti is hot, place in a large serving bowl (for entree) or in a small side bowl (for side).

Nutrition Facts



Properties

Glycemic Index:105.5, Glycemic Load:32.45, Inflammation Score:-8, Nutrition Score:20.017826200827%

Flavonoids

Apigenin: 17.24mg, Apigenin: 17.24mg, Apigenin: 17.24mg, Apigenin: 17.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 0.02mg, Quercetin:

0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 816.7kcal (40.84%), Fat: 20.47g (31.48%), Saturated Fat: 9.64g (60.22%), Carbohydrates: 132.5g (44.17%), Net Carbohydrates: 127.11g (46.22%), Sugar: 51.43g (57.15%), Cholesterol: 66.67mg (22.22%), Sodium: 1777.68mg (77.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.25g (50.5%), Vitamin K: 134.23µg (127.84%), Selenium: 61.78µg (88.26%), Manganese: 0.89mg (44.56%), Vitamin A: 1405.36IU (28.11%), Iron: 4.93mg (27.4%), Fiber: 5.39g (21.56%), Phosphorus: 163.27mg (16.33%), Copper: 0.32mg (16.09%), Vitamin C: 12.85mg (15.58%), Magnesium: 60.17mg (15.04%), Potassium: 411.72mg (11.76%), Calcium: 110.74mg (11.07%), Vitamin B6: 0.2mg (10.24%), Zinc: 1.46mg (9.72%), Vitamin E: 1.43mg (9.53%), Vitamin B3: 1.74mg (8.72%), Folate: 31.95µg (7.99%), Vitamin B2: 0.13mg (7.4%), Vitamin B1: 0.09mg (5.74%), Vitamin B5: 0.49mg (4.91%)