



Linguine with Easy Meat Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



398 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.5 pound extra-lean ground beef
- ☐ 1 tablespoon flat-leaf parsley leaves fresh
- ☐ 1 tablespoon garlic fresh minced
- ☐ 9 ounce pasta fresh
- ☐ 0.5 cup prechopped onion
- ☐ 1 teaspoon oregano dried
- ☐ 1 ounce parmigiano-reggiano cheese shaved
- ☐ 0.3 teaspoon salt

☐ 3 tablespoons tomato paste

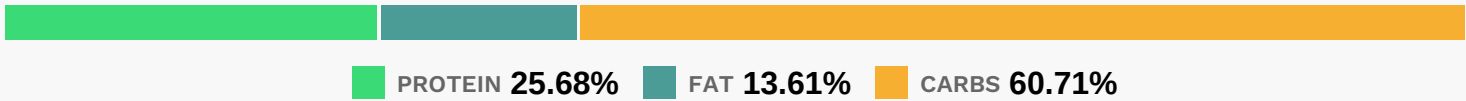
Equipment

☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ While pasta cooks, heat a large skillet over medium-high heat.
- ☐ Add beef, onion, garlic, oregano, and salt; cook 5 minutes or until beef is browned, stirring to crumble. Stir in tomato paste; cook 1 minute, stirring frequently.
- ☐ Add tomatoes. Bring to a boil; cook 1 minute. Reduce heat to medium-low; cook 3 minutes or until thickened.
- ☐ Serve over pasta; top with cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:22.73, Inflammation Score:-8, Nutrition Score:22.048695745675%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 397.5kcal (19.87%), Fat: 6.03g (9.28%), Saturated Fat: 2.69g (16.8%), Carbohydrates: 60.56g (20.19%), Net Carbohydrates: 55.44g (20.16%), Sugar: 8.64g (9.6%), Cholesterol: 39.97mg (13.32%), Sodium: 532.41mg (23.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.62g (51.23%), Selenium: 53.43µg (76.33%), Manganese: 0.9mg (45.12%), Phosphorus: 335.03mg (33.5%), Vitamin B3: 5.92mg (29.59%), Zinc: 4.42mg (29.43%), Vitamin B6: 0.55mg (27.71%), Vitamin K: 26.79µg (25.52%), Copper: 0.48mg (24.03%), Iron: 4.25mg (23.63%), Potassium: 816.82mg (23.34%), Vitamin B12: 1.36µg (22.59%), Fiber: 5.11g (20.45%), Magnesium: 79.35mg (19.84%), Vitamin C: 15.53mg (18.82%), Calcium: 159.35mg (15.93%), Vitamin E: 2.15mg (14.33%), Vitamin B2: 0.24mg (13.89%),

Vitamin B1: 0.18mg (12.18%), Vitamin A: 552.63IU (11.05%), Vitamin B5: 1.02mg (10.19%), Folate: 36.18µg (9.04%)