



Linguine With Spicy Beef and Artichokes

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



359 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14 ounce artichoke hearts drained quartered canned
- ☐ 5 cups pasta hot cooked uncooked (10 ounces pasta)
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 3 garlic cloves crushed
- ☐ 0.5 pound ground round
- ☐ 2 cups vegetable primavera spaghetti sauce low-fat
- ☐ 2 tablespoons tomato paste
- ☐ 1 cup water

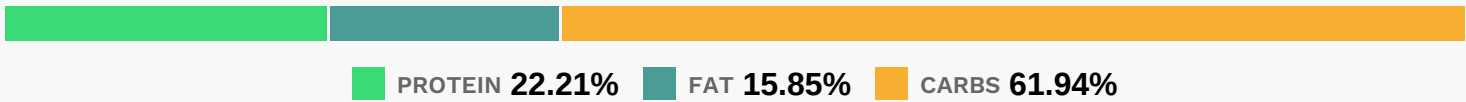
Equipment

- ☐ frying pan

Directions

- ☐ Cook meat in a large nonstick skillet over medium-high heat until browned, stirring to crumble.
- ☐ Drain well, and return meat to pan.
- ☐ Add the spaghetti sauce and the next 4 ingredients (spaghetti sauce through garlic), and stir well. Bring to a boil; reduce heat, and simmer, uncovered, 10 minutes. Stir in artichokes; cover and simmer 2 minutes.
- ☐ Serve meat mixture over linguine.

Nutrition Facts



Properties

Glycemic Index:33.7, Glycemic Load:22.71, Inflammation Score:-6, Nutrition Score:15.662174020125%

Flavonoids

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 359.27kcal (17.96%), Fat: 6.25g (9.61%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 54.91g (18.3%), Net Carbohydrates: 49.24g (17.91%), Sugar: 5.72g (6.36%), Cholesterol: 29.48mg (9.83%), Sodium: 845.51mg (36.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.69g (39.37%), Selenium: 47.03µg (67.19%), Manganese: 0.63mg (31.46%), Fiber: 5.67g (22.69%), Iron: 4.07mg (22.6%), Zinc: 3.2mg (21.35%), Vitamin B3: 4.08mg (20.42%), Phosphorus: 202.69mg (20.27%), Vitamin B6: 0.37mg (18.74%), Vitamin B12: 1µg (16.71%), Potassium: 576.48mg (16.47%), Copper: 0.33mg (16.43%), Magnesium: 53.78mg (13.45%), Vitamin E: 2mg (13.31%), Vitamin A: 581.4IU (11.63%), Vitamin C: 8.82mg (10.7%), Vitamin B2: 0.18mg (10.42%), Vitamin B5: 0.76mg (7.57%), Folate: 22.57µg (5.64%), Vitamin B1: 0.08mg (5.3%), Vitamin K: 4.08µg (3.88%), Calcium: 36.95mg (3.7%)