



Mama's Special Spaghetti

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



669 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon pepper black to taste ()
- ☐ 28 ounce tomatoes diced canned
- ☐ 1 teaspoon cumin seed crushed
- ☐ 1 teaspoon fennel seed crushed
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 lb ground beef (I like sage-flavored)
- ☐ 0.5 teaspoon ground ginger

- ☐ 1 teaspoon kosher salt to taste ()
- ☐ 1 medium onion chopped
- ☐ 0.3 cup red wine
- ☐ 10 ounce rotel canned
- ☐ 24 ounces pasta like spaghetti
- ☐ 2 tablespoons worcestershire sauce

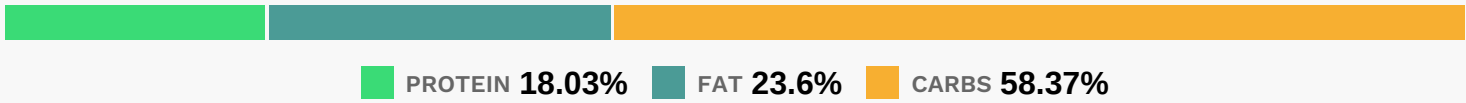
Equipment

- ☐ frying pan

Directions

- ☐ Prepare spaghetti according to directions.2 Meanwhile, brown ground beef or sausage with onions and garlic; drain. 3 Return ground beef to pan, then add all other ingredients. Simmer 5 to 10 minutes, then serve over spaghetti.

Nutrition Facts



Properties

Glycemic Index:36.83, Glycemic Load:34.6, Inflammation Score:-7, Nutrition Score:25.461304001186%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 668.96kcal (33.45%), Fat: 17.24g (26.52%), Saturated Fat: 6.17g (38.57%), Carbohydrates: 95.93g (31.98%), Net Carbohydrates: 89.88g (32.68%), Sugar: 8.74g (9.71%), Cholesterol: 53.68mg (17.89%), Sodium: 714.92mg (31.08%), Alcohol: 1.06g (100%), Alcohol %: 0.33% (100%), Protein: 29.63g (59.27%), Selenium: 83.6µg (119.43%), Manganese: 1.38mg (69.13%), Phosphorus: 385.08mg (38.51%), Zinc: 5.13mg (34.17%), Vitamin B3: 6.56mg (32.78%), Vitamin B6: 0.65mg (32.56%), Iron: 5.47mg (30.38%), Vitamin B12: 1.62µg (26.96%), Copper: 0.54mg (26.81%), Potassium: 904.62mg (25.85%), Magnesium: 100.8mg (25.2%), Fiber: 6.05g (24.19%), Vitamin C: 19.38mg (23.49%), Vitamin B2: 0.3mg (17.59%), Vitamin B1: 0.23mg (15.63%), Calcium: 116.74mg (11.67%), Vitamin E: 1.69mg (11.25%), Folate: 44.93µg (11.23%), Vitamin B5: 1.12mg (11.19%), Vitamin K: 11.58µg (11.03%), Vitamin A: 274.51IU (5.49%)