



## Marzetti's Spaghetti

READY IN



45 min.

SERVINGS



12

CALORIES



640 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 43.5 ounce tomatoes diced canned
- 16 ounces pasta like spaghetti cooked
- 32.3 ounce cream of mushroom soup undiluted canned
- 3 pounds ground beef
- 1.5 teaspoons hot sauce
- 3 large onions chopped
- 8 ounce process cheese spread cubed
- 16 ounce process cheese spread cubed
- 1 teaspoon salt

- 46 ounce sacramento tomato juice canned
- 3 tablespoons worcestershire sauce

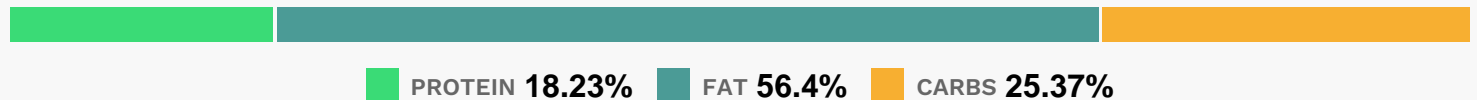
## Equipment

- pot

## Directions

- Cook ground beef and onion in a stockpot over medium heat, stirring until beef crumbles and is no longer pink; drain. Stir in tomatoes and next 5 ingredients; bring to a boil. Reduce heat, and simmer 15 to 20 minutes. Stir in process cheese spread until melted.
- Serve over spaghetti.

## Nutrition Facts



## Properties

Glycemic Index:9.46, Glycemic Load:8.33, Inflammation Score:-7, Nutrition Score:24.241739096849%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

## Nutrients (% of daily need)

Calories: 640.02kcal (32%), Fat: 38.73g (59.59%), Saturated Fat: 14.91g (93.21%), Carbohydrates: 39.2g (13.07%), Net Carbohydrates: 34.63g (12.59%), Sugar: 14.61g (16.24%), Cholesterol: 115.25mg (38.42%), Sodium: 1758.3mg (76.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.17g (56.33%), Vitamin B12: 2.55µg (42.48%), Zinc: 6.28mg (41.87%), Selenium: 27.95µg (39.93%), Vitamin B3: 7.76mg (38.82%), Vitamin B6: 0.74mg (36.91%), Manganese: 0.69mg (34.44%), Iron: 5.93mg (32.97%), Vitamin C: 26.96mg (32.68%), Calcium: 314.4mg (31.44%), Potassium: 1019.93mg (29.14%), Phosphorus: 290.97mg (29.1%), Copper: 0.55mg (27.63%), Vitamin B2: 0.35mg (20.6%), Fiber: 4.56g (18.26%), Vitamin A: 874.2IU (17.48%), Magnesium: 68.79mg (17.2%), Vitamin E: 2.56mg (17.04%), Vitamin B1: 0.22mg (14.65%), Vitamin B5: 1.23mg (12.26%), Folate: 45.76µg (11.44%), Vitamin K: 10.99µg (10.46%)