



Meaty" Meatless Spaghetti with Fresh Spinach

READY IN



24 min.

SERVINGS



5

CALORIES



474 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups baby spinach fresh coarsely chopped
- ☐ 2 tablespoons cooking wine dry red
- ☐ 2 teaspoons garlic minced
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion chopped (1 medium)
- ☐ 1.5 ounces parmesan cheese fresh grated
- ☐ 12 ounce recipe crumbles frozen burger-style
- ☐ 10 ounces pasta like spaghetti uncooked
- ☐ 26 ounce tomato and basil pasta sauce (such as Classico)

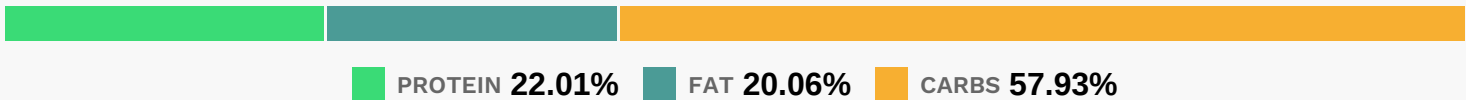
Equipment

☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add onion and garlic; saut 4 minutes.
- ☐ Add crumbles; saut 5 minutes or until crumbles are completely thawed.
- ☐ Add wine and pasta sauce; reduce heat to medium low, and simmer 3 minutes or until thoroughly heated. Stir in spinach, and simmer 4 minutes or until spinach wilts.
- ☐ . While sauce simmers, cook pasta according to package directions, omitting salt and fat.
- ☐ Serve sauce over hot cooked pasta, and sprinkle each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:31.6, Glycemic Load:17.92, Inflammation Score:-9, Nutrition Score:28.361304398464%

Flavonoids

Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 1.57mg, Malvidin: 1.57mg, Malvidin: 1.57mg, Malvidin: 1.57mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

Nutrients (% of daily need)

Calories: 474.49kcal (23.72%), Fat: 10.4g (16%), Saturated Fat: 2.59g (16.21%), Carbohydrates: 67.57g (22.52%), Net Carbohydrates: 57g (20.73%), Sugar: 14.36g (15.96%), Cholesterol: 5.78mg (1.93%), Sodium: 995.45mg (43.28%), Alcohol: 0.63g (100%), Alcohol %: 0.24% (100%), Protein: 25.68g (51.36%), Vitamin B12: 5.75µg (95.82%), Vitamin B1: 0.92mg (61.18%), Vitamin K: 58.79µg (55.99%), Selenium: 38.2µg (54.57%), Vitamin B3: 9.01mg (45.06%), Fiber: 10.56g (42.25%), Vitamin A: 2076.92IU (41.54%), Vitamin B6: 0.71mg (35.46%), Manganese: 0.69mg (34.53%),

Phosphorus: 319.94mg (31.99%), Iron: 5.62mg (31.21%), Potassium: 853.09mg (24.37%), Calcium: 181.2mg (18.12%),
Vitamin C: 13.19mg (15.99%), Vitamin B2: 0.22mg (13.19%), Zinc: 1.91mg (12.76%), Magnesium: 46.77mg (11.69%),
Folate: 40.2µg (10.05%), Copper: 0.2mg (9.91%), Vitamin B5: 0.34mg (3.37%), Vitamin E: 0.45mg (2.98%)