



Pepperoni Beef Spaghetti

READY IN



45 min.

SERVINGS



6

CALORIES



707 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 ounce canned tomatoes pureed whole undrained canned
- ☐ 0.3 cup carrots finely chopped
- ☐ 0.3 cup celery finely chopped
- ☐ 6 cups pasta like spaghetti cooked
- ☐ 0.5 ounce porcini mushrooms dried
- ☐ 2 tablespoons basil fresh minced
- ☐ 2 cloves garlic minced
- ☐ 1 pound ground beef
- ☐ 1 teaspoon coarsely ground pepper

- ☐ 0.5 cup oil-packed sun-dried tomatoes thinly sliced
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion chopped
- ☐ 0.5 cup parmesan cheese fresh divided grated
- ☐ 3 ounce pepperoni whole sliced
- ☐ 0.5 cup whipping cream

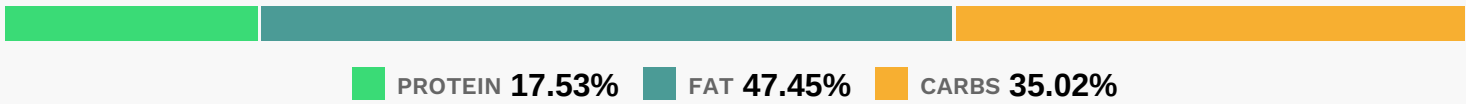
Equipment

- ☐ frying pan

Directions

- ☐ Pour boiling water to cover over mushrooms; let stand 15 minutes.
- ☐ Drain mushrooms, reserving 1/3 cup liquid; coarsely chop mushrooms. Set mushrooms and liquid aside.
- ☐ Cook ground beef in a large skillet over medium heat until browned, stirring until it crumbles.
- ☐ Drain and set aside.
- ☐ Saute onion, carrot, celery, and garlic in hot olive oil in a large skillet over medium-high heat until tender. Stir in reserved mushrooms, mushroom liquid, ground beef, pureed tomato, sun-dried tomato, and pepperoni; bring to a boil. Reduce heat, and simmer, uncovered, 35 minutes. Stir in whipping cream, basil, and pepper. Simmer, uncovered, 5 minutes or until slightly thickened. Stir in 1/2 cup Parmesan cheese.
- ☐ Serve over cooked spaghetti.
- ☐ Sprinkle with remaining 2 tablespoons Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:68.22, Glycemic Load:24.22, Inflammation Score:-8, Nutrition Score:28.650000074635%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 706.92kcal (35.35%), Fat: 37.68g (57.96%), Saturated Fat: 15.24g (95.24%), Carbohydrates: 62.56g (20.85%), Net Carbohydrates: 55.68g (20.25%), Sugar: 11.36g (12.62%), Cholesterol: 95.5mg (31.83%), Sodium: 607.29mg (26.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.32g (62.65%), Selenium: 57.48µg (82.12%), Manganese: 1.07mg (53.56%), Phosphorus: 381.53mg (38.15%), Vitamin B3: 7.37mg (36.84%), Copper: 0.71mg (35.73%), Zinc: 5.27mg (35.12%), Iron: 6.26mg (34.8%), Vitamin A: 1668.29IU (33.37%), Vitamin B6: 0.66mg (33.16%), Vitamin B12: 1.93µg (32.23%), Potassium: 1117.55mg (31.93%), Fiber: 6.88g (27.52%), Magnesium: 96.04mg (24.01%), Vitamin B2: 0.39mg (23.2%), Vitamin C: 17.34mg (21.01%), Vitamin K: 22.02µg (20.97%), Vitamin E: 3.12mg (20.83%), Calcium: 202.67mg (20.27%), Vitamin B5: 1.91mg (19.13%), Vitamin B1: 0.27mg (18.06%), Folate: 48.8µg (12.2%), Vitamin D: 0.71µg (4.74%)