

Red Bowl Spaghetti

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



284 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 29 ounce tomatoes diced canned
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 1 pound ground beef lean
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped

- ☐ 12 ounces pasta like spaghetti
- ☐ 6 ounce tomato paste canned
- ☐ 1 cup water

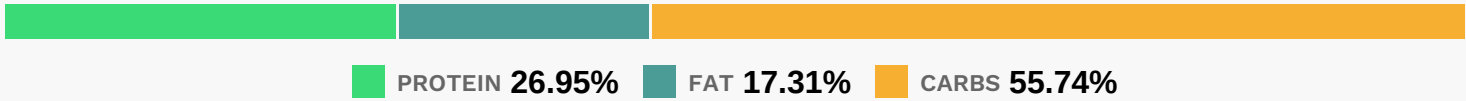
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large skillet cook ground beef.
- ☐ Drain excess grease.
- ☐ In a separate pan saute the onion, garlic, and green bell pepper in olive oil until tender.
- ☐ Add the cooked ground beef, tomatoes, water, Italian seasoning, and ground black pepper.
- ☐ Add salt, if desire. Simmer for an hour.
- ☐ As simmering time nears, in a large pot cook spaghetti until al dente.
- ☐ Drain.
- ☐ In a large bowl, toss drained spaghetti with tomato paste.
- ☐ Add cooked sauce; mix well.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:13.59, Inflammation Score:-5, Nutrition Score:15.811304377473%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg,

Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

Nutrients (% of daily need)

Calories: 284.49kcal (14.22%), Fat: 5.47g (8.41%), Saturated Fat: 1.68g (10.49%), Carbohydrates: 39.59g (13.2%), Net Carbohydrates: 36.27g (13.19%), Sugar: 5.34g (5.93%), Cholesterol: 35.15mg (11.72%), Sodium: 217.54mg (9.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.14g (38.29%), Selenium: 37.16µg (53.09%), Manganese: 0.58mg (28.79%), Zinc: 3.74mg (24.94%), Vitamin C: 20.26mg (24.56%), Vitamin B3: 4.91mg (24.54%), Vitamin B6: 0.48mg (23.9%), Phosphorus: 226.43mg (22.64%), Vitamin B12: 1.27µg (21.17%), Iron: 3.36mg (18.65%), Potassium: 589.89mg (16.85%), Copper: 0.3mg (14.86%), Magnesium: 54.14mg (13.53%), Fiber: 3.32g (13.29%), Vitamin B2: 0.19mg (11.35%), Vitamin E: 1.51mg (10.04%), Vitamin B1: 0.14mg (9.16%), Vitamin B5: 0.76mg (7.61%), Vitamin K: 7.79µg (7.42%), Folate: 25.64µg (6.41%), Calcium: 63.75mg (6.37%), Vitamin A: 205.34IU (4.11%)