



Sassy Fiesta Spaghetti

READY IN



30 min.

SERVINGS



8

CALORIES



511 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 oz pasta like spaghetti
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion chopped
- ☐ 1 medium bell pepper red chopped
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.3 cup sugar
- ☐ 1 oz taco seasoning
- ☐ 28 oz canned tomatoes with basil, undrained organic crushed canned
- ☐ 8 oz tomato sauce canned

- ☐ 11 oz corn whole with red and green peppers, drained canned
- ☐ 4.5 oz mushrooms drained sliced
- ☐ 1 serving parmesan cheese grated

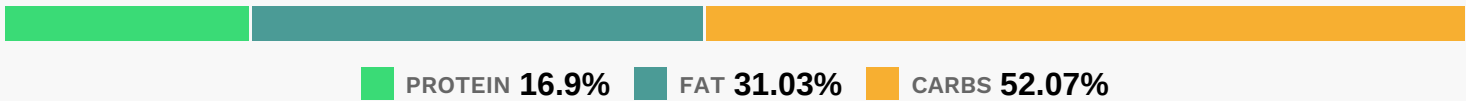
Equipment

- ☐ frying pan

Directions

- ☐ Cook and drain spaghetti as directed on package; cover to keep warm.
- ☐ Meanwhile, in 12-inch skillet, heat oil over medium heat. Cook onion and bell pepper in oil 3 to 4 minutes, stirring occasionally, until tender.
- ☐ Remove from skillet.
- ☐ Add beef to same skillet. Cook 8 to 10 minutes, stirring frequently, until thoroughly cooked; drain.
- ☐ Add onion and bell pepper to beef; mix well. Stir in sugar, taco seasoning mix, tomatoes, tomato sauce, corn and mushrooms.
- ☐ Heat to boiling. Reduce heat to low; simmer 5 minutes, stirring occasionally.
- ☐ Serve over spaghetti.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:35.76, Glycemic Load:24.41, Inflammation Score:-8, Nutrition Score:22.020434825317%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 510.6kcal (25.53%), Fat: 17.8g (27.38%), Saturated Fat: 5.73g (35.81%), Carbohydrates: 67.19g (22.4%), Net Carbohydrates: 61.75g (22.46%), Sugar: 15.16g (16.84%), Cholesterol: 43.52mg (14.51%), Sodium: 723.73mg (31.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.81g (43.61%), Selenium: 48µg (68.57%), Vitamin C: 33.49mg (40.59%), Manganese: 0.8mg (39.99%), Phosphorus: 296.39mg (29.64%), Vitamin B3: 5.89mg (29.47%), Zinc: 3.91mg (26.06%), Vitamin B6: 0.52mg (25.76%), Copper: 0.48mg (24.19%), Vitamin A: 1166.89IU (23.34%), Potassium: 803.42mg (22.95%), Iron: 3.93mg (21.82%), Fiber: 5.43g (21.73%), Vitamin B12: 1.27µg (21.17%), Magnesium: 73.61mg (18.4%), Vitamin E: 2.71mg (18.03%), Vitamin B2: 0.29mg (16.9%), Folate: 52.61µg (13.15%), Vitamin B1: 0.19mg (12.6%), Vitamin B5: 1.2mg (12.03%), Calcium: 97.66mg (9.77%), Vitamin K: 10.07µg (9.59%)