



Savory Pork & Spaghetti in Tomato Sauce

READY IN



35 min.

SERVINGS



35

CALORIES



107 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 lb pork loin boneless cut into 1-inch pieces
- 32 oz tomato sauce spanish-style canned
- 4 oz philadelphia cream cheese cubed ()
- 0.3 cup parsley fresh chopped
- 2 cloves garlic minced
- 0.3 cup dressing italian kraft
- 1 tsp penzey's southwest seasoning dried italian
- 0.3 cup parmesan cheese grated kraft
- 16 oz pasta like spaghetti

Equipment

frying pan

Directions

- Heat dressing in large skillet on medium-high heat.
- Add meat and garlic; cook 10 min. or until meat is done, stirring frequently.
- Remove meat mixture from skillet; cover to keep warm.
- Cook spaghetti as directed on package. Meanwhile, add tomato sauce and seasoning to skillet; cook 5 min. or until heated through.
- Add cream cheese; cook on low heat until melted, stirring until melted. Return meat mixture to skillet; cook 5 min. or until heated through, stirring occasionally.
- Drain spaghetti; place on platter. Top with meat mixture, cheese and parsley.

Nutrition Facts

 **PROTEIN 30.96%**  **FAT 25.34%**  **CARBS 43.7%**

Properties

Glycemic Index:5.17, Glycemic Load:4.4, Inflammation Score:-2, Nutrition Score:5.7700000042501%

Flavonoids

Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Nutrients (% of daily need)

Calories: 107.44kcal (5.37%), Fat: 3g (4.62%), Saturated Fat: 1.19g (7.41%), Carbohydrates: 11.64g (3.88%), Net Carbohydrates: 10.8g (3.93%), Sugar: 1.58g (1.76%), Cholesterol: 20.22mg (6.74%), Sodium: 175.96mg (7.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.5%), Selenium: 16.12µg (23.02%), Vitamin B6: 0.25mg (12.3%), Vitamin B3: 1.98mg (9.91%), Phosphorus: 98.65mg (9.86%), Vitamin B1: 0.13mg (8.99%), Vitamin K: 9.11µg (8.68%), Manganese: 0.16mg (7.8%), Potassium: 213.53mg (6.1%), Zinc: 0.76mg (5.08%), Vitamin B2: 0.08mg (4.93%), Magnesium: 18.52mg (4.63%), Copper: 0.09mg (4.25%), Vitamin A: 199.52IU (3.99%), Vitamin B5: 0.35mg (3.53%), Iron: 0.62mg (3.43%), Fiber: 0.84g (3.37%), Vitamin E: 0.5mg (3.35%), Vitamin C: 2.45mg (2.96%), Vitamin B12: 0.15µg (2.48%), Calcium: 19.04mg (1.9%), Folate: 5.78µg (1.44%)