



Skillet Spaghetti

READY IN



45 min.

SERVINGS



6

CALORIES



305 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoons chili powder
- ☐ 2 tablespoons dehydrated onion dried minced
- ☐ 1 teaspoon garlic salt
- ☐ 1.5 teaspoons oregano dried
- ☐ 6 servings parmesan cheese grated
- ☐ 1 teaspoon salt
- ☐ 7 ounces pasta like spaghetti
- ☐ 1 teaspoon sugar
- ☐ 22 ounces canned tomatoes canned (2-)

- ☐ 6 ounces canned tomatoes canned
- ☐ 3 cups water

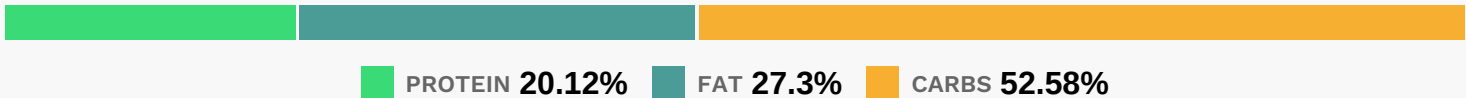
Equipment

- ☐ frying pan

Directions

- ☐ In a large skillet, cook beef over medium heat until no longer pink; drain.
- ☐ Add the water, tomato juice, tomato paste and seasonings. Bring to a boil.
- ☐ Add uncooked spaghetti.
- ☐ Cover and simmer for 30 minutes or until the spaghetti is tender, stirring frequently.
- ☐ Sprinkle with cheese if desired.

Nutrition Facts



Properties

Glycemic Index:32.18, Glycemic Load:13.11, Inflammation Score:-8, Nutrition Score:16.405217295108%

Nutrients (% of daily need)

Calories: 304.81kcal (15.24%), Fat: 9.49g (14.6%), Saturated Fat: 4.84g (30.23%), Carbohydrates: 41.12g (13.71%), Net Carbohydrates: 36.72g (13.35%), Sugar: 8.13g (9.03%), Cholesterol: 26.1mg (8.7%), Sodium: 1505.04mg (65.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.74g (31.47%), Selenium: 32.58µg (46.54%), Calcium: 337.83mg (33.78%), Manganese: 0.64mg (32.18%), Phosphorus: 304.84mg (30.48%), Copper: 0.39mg (19.63%), Vitamin A: 948.08IU (18.96%), Fiber: 4.4g (17.61%), Vitamin B6: 0.33mg (16.48%), Potassium: 576.1mg (16.46%), Vitamin E: 2.45mg (16.31%), Vitamin C: 13.44mg (16.29%), Iron: 2.73mg (15.18%), Magnesium: 60.56mg (15.14%), Zinc: 2.24mg (14.92%), Vitamin B2: 0.21mg (12.3%), Vitamin B3: 2.4mg (11.98%), Vitamin K: 12.14µg (11.56%), Vitamin B1: 0.15mg (9.98%), Folate: 29.28µg (7.32%), Vitamin B12: 0.41µg (6.75%), Vitamin B5: 0.65mg (6.47%)