



Skillet Spaghetti Supper

READY IN



30 min.

SERVINGS



6

CALORIES



553 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1 tablespoon parsley dried
- ☐ 1 teaspoon garlic minced
- ☐ 1 pound ground beef lean
- ☐ 1 pound pasta uncooked
- ☐ 1 cup onion diced
- ☐ 2 teaspoons oregano dried
- ☐ 2 cups mozzarella cheese shredded

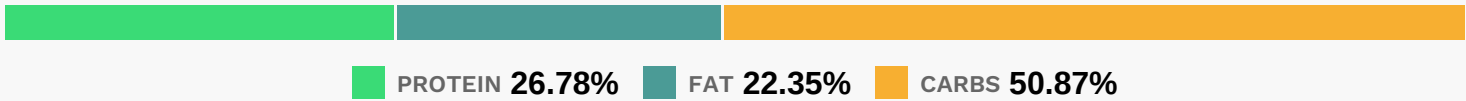
Equipment

☐ frying pan

Directions

☐ In a large skillet over medium heat, saute onion and garlic in a small amount of oil. Stir in ground beef, tomatoes, parsley and oregano, pasta and one cup of the mozzarella, simmering mixture. Cover with the rest of the cheese and simmer for 40 more minutes or until top is slightly crispy.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:26.23, Inflammation Score:-8, Nutrition Score:27.405652170596%

Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 552.53kcal (27.63%), Fat: 13.71g (21.1%), Saturated Fat: 6.9g (43.12%), Carbohydrates: 70.2g (23.4%), Net Carbohydrates: 64.43g (23.43%), Sugar: 9.41g (10.46%), Cholesterol: 76.36mg (25.45%), Sodium: 465.97mg (20.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.96g (73.93%), Selenium: 68.35µg (97.65%), Manganese: 1.06mg (53.14%), Phosphorus: 478mg (47.8%), Zinc: 6.45mg (42.99%), Vitamin B12: 2.54µg (42.41%), Vitamin B3: 7.19mg (35.96%), Vitamin B6: 0.66mg (33.21%), Iron: 5.05mg (28.05%), Calcium: 277.68mg (27.77%), Copper: 0.54mg (27.08%), Potassium: 904.44mg (25.84%), Magnesium: 96.55mg (24.14%), Fiber: 5.77g (23.08%), Vitamin B2: 0.36mg (21.22%), Vitamin C: 14.73mg (17.86%), Vitamin K: 16.96µg (16.16%), Vitamin B1: 0.22mg (14.97%), Vitamin E: 2.18mg (14.51%), Vitamin B5: 1.28mg (12.77%), Folate: 44.46µg (11.12%), Vitamin A: 555.2IU (11.1%), Vitamin D: 0.22µg (1.5%)