



Southwestern Spaghetti

READY IN



30 min.

SERVINGS



5

CALORIES



353 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 pound ground beef 90% lean ()
- 15 ounces tomato sauce canned
- 2 teaspoons chili powder
- 0.5 teaspoon garlic powder
- 0.5 teaspoon ground cumin
- 0.5 teaspoon salt
- 0.5 cup cheddar cheese shredded
- 7 ounces pasta like spaghetti thin
- 2.3 cups water

1 pound zucchini cut into chunks

Equipment

frying pan

Directions

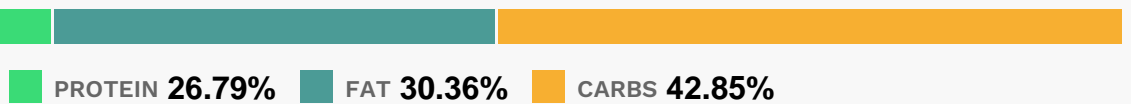
In a large skillet, cook beef over medium heat until no longer pink; drain.

Remove beef and keep warm. In the same skillet, combine the water, tomato sauce, chili powder, garlic powder, salt if desired and cumin; bring to a boil. Stir in spaghetti; return to a boil.

Boil for 6 minutes.

Add the zucchini. Cook 4–5 minutes longer or until spaghetti and zucchini are tender, stirring several times. Stir in beef; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:27.8, Glycemic Load:13.75, Inflammation Score:-7, Nutrition Score:19.956521892029%

Flavonoids

Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 352.93kcal (17.65%), Fat: 11.95g (18.39%), Saturated Fat: 5.18g (32.34%), Carbohydrates: 37.95g (12.65%), Net Carbohydrates: 34.17g (12.43%), Sugar: 6.46g (7.18%), Cholesterol: 55.53mg (18.51%), Sodium: 783.08mg (34.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.73g (47.45%), Selenium: 40.51µg (57.88%), Manganese: 0.65mg (32.36%), Zinc: 4.78mg (31.83%), Phosphorus: 314.03mg (31.4%), Vitamin B6: 0.57mg (28.45%), Vitamin B3: 5.49mg (27.44%), Vitamin B12: 1.62µg (27.06%), Vitamin C: 22.22mg (26.93%), Potassium: 827.79mg (23.65%), Iron: 3.5mg (19.45%), Vitamin B2: 0.33mg (19.35%), Vitamin A: 902.66IU (18.05%), Magnesium: 70.01mg (17.5%), Copper: 0.34mg (17.09%), Fiber: 3.78g (15.12%), Vitamin E: 1.99mg (13.29%), Calcium: 130.89mg (13.09%), Folate: 43.41µg (10.85%), Vitamin B5: 1.08mg (10.8%), Vitamin B1: 0.13mg (8.89%), Vitamin K: 8µg (7.61%)