



Spaghetti Skillet Dinner

READY IN



30 min.

SERVINGS



5

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes whole with liquid peeled canned
- ☐ 0.5 cup bell peppers green chopped
- ☐ 1.5 teaspoons penzey's southwest seasoning italian
- ☐ 1 pound ground beef lean
- ☐ 1 cup mushrooms sliced
- ☐ 1 cup onions chopped
- ☐ 5 servings salt and pepper to taste
- ☐ 1 cup mozzarella cheese shredded
- ☐ 12 ounces pasta like spaghetti

☐ 1 cup water

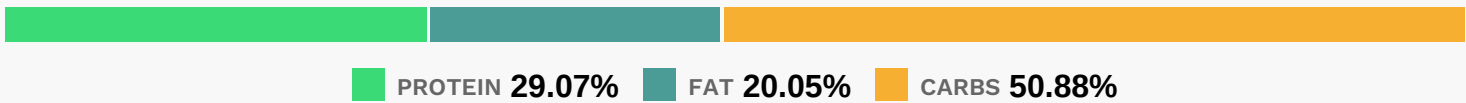
Equipment

☐ frying pan

Directions

- ☐ In a skillet over medium heat, brown the ground beef with onions until no pink shows on the beef; drain.
- ☐ Mix in green pepper and mushrooms and cook for a few minutes.
- ☐ Add tomatoes with juice, spaghetti and water; stir.
- ☐ Add Italian seasoning, salt and pepper. Cook about 15 minutes or until spaghetti is tender, stirring occasionally.
- ☐ Add cheese and stir until melted

Nutrition Facts



Properties

Glycemic Index:28.6, Glycemic Load:21.41, Inflammation Score:-7, Nutrition Score:26.789565376613%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg

Nutrients (% of daily need)

Calories: 492.49kcal (24.62%), Fat: 10.92g (16.81%), Saturated Fat: 5.25g (32.78%), Carbohydrates: 62.37g (20.79%), Net Carbohydrates: 57.36g (20.86%), Sugar: 7.94g (8.83%), Cholesterol: 73.94mg (24.65%), Sodium: 630.42mg (27.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.63g (71.25%), Selenium: 64.73µg (92.46%), Phosphorus: 447.34mg (44.73%), Zinc: 6.65mg (44.32%), Manganese: 0.86mg (43.04%), Vitamin B12: 2.55µg (42.51%), Vitamin B3: 8.12mg (40.62%), Vitamin B6: 0.73mg (36.74%), Vitamin C: 29.53mg (35.79%), Iron: 5.12mg (28.44%), Potassium: 922.55mg (26.36%), Vitamin B2: 0.43mg (25.34%), Copper: 0.47mg (23.67%), Magnesium: 86.48mg (21.62%), Calcium: 205.34mg (20.53%), Fiber: 5.01g (20.04%), Vitamin B1: 0.22mg (14.43%),

Vitamin B5: 1.44mg (14.42%), Vitamin E: 1.62mg (10.83%), Folate: 43.31µg (10.83%), Vitamin K: 10.42µg (9.92%),
Vitamin A: 403.15IU (8.06%), Vitamin D: 0.22µg (1.46%)