



Spaghetti with Beef, Tomatoes, and Zucchini

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



335 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 pound ground round lean
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 0.3 cup onion chopped
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.5 teaspoon salt
- ☐ 7 ounce pasta like spaghetti thin
- ☐ 1.5 cups tomatoes coarsely chopped (1 medium)

- ☐ 16 ounce no-salt-added tomato sauce canned
- ☐ 1.5 cups zucchini coarsely chopped (1 medium)

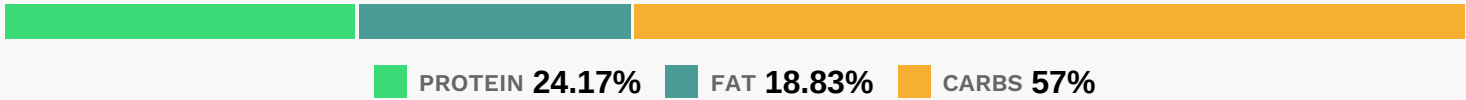
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook spaghetti according to package directions, omitting salt and fat.
- ☐ While spaghetti cooks, cook ground round and onion in a large nonstick skillet over high heat 4 to 5 minutes or until beef is browned, stirring until beef crumbles.
- ☐ Drain beef mixture, if necessary; wipe skillet with paper towels.
- ☐ Return beef mixture to skillet. Stir in tomato sauce and next 4 ingredients. Cook over medium heat 2 to 4 minutes or until hot and bubbly, stirring occasionally.
- ☐ Stir in cooked spaghetti and zucchini. Cook 2 minutes, stirring occasionally. Stir in tomato.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:17.77, Inflammation Score:-8, Nutrition Score:20.036086595577%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 335.33kcal (16.77%), Fat: 7.07g (10.88%), Saturated Fat: 2.56g (15.97%), Carbohydrates: 48.16g (16.05%), Net Carbohydrates: 43.3g (15.74%), Sugar: 8.45g (9.39%), Cholesterol: 36.85mg (12.28%), Sodium: 877.79mg (38.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.43g (40.85%), Selenium: 41.68µg (59.55%), Manganese: 0.77mg (38.53%), Vitamin C: 24.67mg (29.9%), Vitamin B3: 5.44mg (27.18%), Vitamin B6: 0.53mg (26.71%), Phosphorus: 264.58mg (26.46%), Zinc: 3.95mg (26.34%), Potassium: 908.85mg (25.97%), Vitamin A:

1095.22IU (21.9%), Vitamin B12: 1.25µg (20.88%), Iron: 3.57mg (19.81%), Fiber: 4.87g (19.47%), Copper: 0.38mg (19.09%), Magnesium: 71.85mg (17.96%), Vitamin E: 2.37mg (15.79%), Vitamin B2: 0.25mg (14.88%), Vitamin K: 13.37µg (12.74%), Folate: 45.29µg (11.32%), Vitamin B5: 1.07mg (10.66%), Vitamin B1: 0.14mg (9.59%), Calcium: 57.15mg (5.72%)