



# Spaghetti with Corned Beef

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



265 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 cube chicken bouillon
- 12 ounce corned beef ribs canned
- 0.5 tablespoon dehydrated onion dried minced
- 0.5 teaspoon garlic powder
- 1 teaspoon seasoning italian
- 8 ounces pasta like spaghetti
- 1 cup pasta sauce

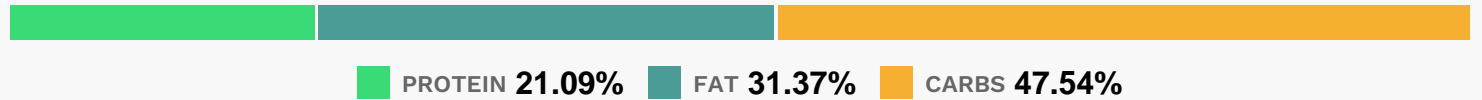
## Equipment

frying pan

## Directions

- Dissolve bouillon in boiling water.
- Cut spaghetti noodles in half and add to boiling water until done.
- Over medium heat empty can of corned beef onto a skillet.
- Add spaghetti sauce to meat. Stir until heated; corned beef will come apart and a thick sauce will form. If desired, add Italian seasoning, garlic powder, dry onion, or any other spices.
- Once noodles are done, drain and combine with corned beef sauce.

## Nutrition Facts



## Properties

Glycemic Index:16.17, Glycemic Load:12.06, Inflammation Score:-4, Nutrition Score:11.186086934546%

## Nutrients (% of daily need)

Calories: 265.47kcal (13.27%), Fat: 9.16g (14.09%), Saturated Fat: 2.81g (17.56%), Carbohydrates: 31.23g (10.41%), Net Carbohydrates: 29.21g (10.62%), Sugar: 2.64g (2.93%), Cholesterol: 30.62mg (10.21%), Sodium: 886.83mg (38.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.85g (27.7%), Selenium: 35µg (50%), Vitamin C: 18.49mg (22.41%), Manganese: 0.43mg (21.33%), Vitamin B12: 1.01µg (16.82%), Vitamin B3: 3.14mg (15.72%), Phosphorus: 151.6mg (15.16%), Zinc: 2.26mg (15.09%), Vitamin B6: 0.27mg (13.62%), Copper: 0.22mg (11.19%), Potassium: 387.91mg (11.08%), Iron: 1.98mg (11.03%), Magnesium: 35.58mg (8.89%), Vitamin B2: 0.14mg (8.28%), Fiber: 2.02g (8.1%), Vitamin B5: 0.62mg (6.23%), Vitamin B1: 0.07mg (4.8%), Vitamin E: 0.69mg (4.62%), Folate: 14.91µg (3.73%), Vitamin A: 182.55IU (3.65%), Vitamin K: 3.27µg (3.11%), Calcium: 24.23mg (2.42%)