



## Spaghetti with Fresh Basil Meat Sauce

 Dairy Free

READY IN



41 min.

SERVINGS



6

CALORIES



313 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 14.5 ounce canned tomatoes diced canned
- 0.1 teaspoon pepper red crushed
- 0.3 cup cooking wine dry red
- 0.5 cup basil fresh chopped
- 3 garlic cloves minced
- 0.8 pound ground round
- 1 tablespoon olive oil
- 1 cup onion finely chopped

- 0.5 teaspoon salt
- 8 ounces pasta like spaghetti uncooked
- 0.8 teaspoon sugar
- 3 tablespoons tomato paste

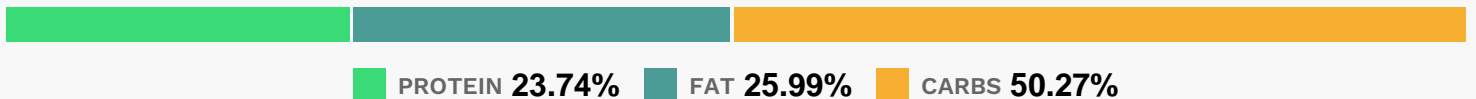
## Equipment

- frying pan
- paper towels
- sauce pan

## Directions

- Cook pasta according to package directions, omitting salt and fat.
- Combine beef, onion, and garlic in a large saucepan, and cook over medium-high heat until browned, stirring to crumble.
- Drain well. Wipe drippings from pan with a paper towel; return meat mixture to pan.
- Stir in tomatoes and next 4 ingredients. Bring to a boil; cover, reduce heat, and simmer 25 minutes.
- Remove from heat; stir in basil, olive oil, and salt. Cover and let stand 5 minutes before serving.
- Serve over pasta.

## Nutrition Facts



## Properties

Glycemic Index:53.68, Glycemic Load:14.34, Inflammation Score:-6, Nutrition Score:15.340434670448%

## Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg

Epicatechin: 1.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg

## **Nutrients (% of daily need)**

Calories: 312.84kcal (15.64%), Fat: 8.86g (13.63%), Saturated Fat: 2.78g (17.36%), Carbohydrates: 38.55g (12.85%), Net Carbohydrates: 35.18g (12.79%), Sugar: 6.65g (7.39%), Cholesterol: 36.85mg (12.28%), Sodium: 389.25mg (16.92%), Alcohol: 1.05g (100%), Alcohol %: 0.62% (100%), Protein: 18.2g (36.4%), Selenium: 34.5µg (49.29%), Manganese: 0.59mg (29.27%), Zinc: 3.57mg (23.77%), Vitamin B3: 4.67mg (23.33%), Vitamin B6: 0.44mg (21.88%), Phosphorus: 215.6mg (21.56%), Vitamin B12: 1.25µg (20.88%), Potassium: 599.89mg (17.14%), Iron: 3.06mg (16.99%), Copper: 0.33mg (16.39%), Vitamin K: 14.92µg (14.21%), Fiber: 3.37g (13.48%), Magnesium: 52.82mg (13.21%), Vitamin C: 10.86mg (13.16%), Vitamin E: 1.8mg (11.99%), Vitamin B2: 0.17mg (9.99%), Vitamin B1: 0.13mg (8.67%), Vitamin A: 387.82IU (7.76%), Vitamin B5: 0.75mg (7.48%), Folate: 26.56µg (6.64%), Calcium: 53.59mg (5.36%)