



Spaghetti with Meat Sauce

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



424 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 8 ounces button mushrooms finely chopped
- ☐ 3 cloves garlic minced
- ☐ 12 ounces ground beef
- ☐ 2 tablespoons penzey's southwest seasoning italian
- ☐ 1 cup beef broth low-sodium
- ☐ 1 large onion finely chopped
- ☐ 6 servings salt and pepper

- ☐ 12 ounces pasta like spaghetti
- ☐ 28 oz tomato purée canned

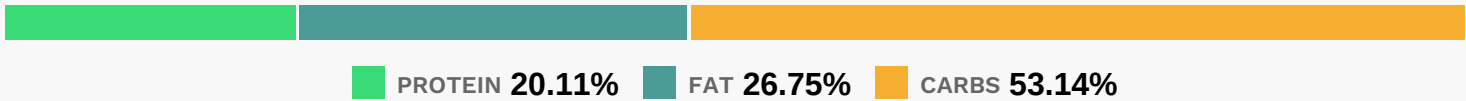
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Warm a large pan over medium–high heat.
- ☐ Add beef and cook, stirring and breaking it up, until beginning to brown, about 5 minutes.
- ☐ Drain off all but 1 Tbsp. of fat, if necessary.
- ☐ Add mushrooms, onion and garlic; saut for 5 minutes. Stir in tomato puree, broth, Italian seasoning, bay leaf and 1/2 tsp. each salt and pepper. Bring to a boil, then reduce heat to lowest setting and simmer for 45 minutes, stirring often.
- ☐ Bring a large pot of salted water to a boil and cook spaghetti until al dente, about 10 minutes or as package label directs.
- ☐ Remove bay leaf from sauce and season with additional salt and pepper, if desired.
- ☐ Pour sauce over spaghetti, toss and serve.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:20.68, Inflammation Score:-6, Nutrition Score:22.014782610147%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 424.22kcal (21.21%), Fat: 12.8g (19.69%), Saturated Fat: 4.62g (28.86%), Carbohydrates: 57.21g (19.07%), Net Carbohydrates: 51.33g (18.67%), Sugar: 9.23g (10.25%), Cholesterol: 40.26mg (13.42%), Sodium: 486.71mg

(21.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.66g (43.31%), Selenium: 49.06µg (70.09%), Manganese: 0.93mg (46.39%), Vitamin B3: 6.46mg (32.29%), Copper: 0.59mg (29.29%), Vitamin B6: 0.57mg (28.38%), Phosphorus: 283.62mg (28.36%), Potassium: 931mg (26.6%), Zinc: 3.83mg (25.53%), Iron: 4.45mg (24.7%), Fiber: 5.88g (23.5%), Vitamin B2: 0.36mg (20.94%), Vitamin B12: 1.23µg (20.47%), Magnesium: 76.95mg (19.24%), Vitamin C: 15.33mg (18.58%), Vitamin K: 18.58µg (17.69%), Vitamin B5: 1.52mg (15.18%), Vitamin E: 2.26mg (15.09%), Vitamin B1: 0.22mg (14.85%), Folate: 46.57µg (11.64%), Calcium: 103.57mg (10.36%), Vitamin A: 314.46IU (6.29%)