



Spaghetti with Meat Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



412 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 teaspoons bottled garlic minced
- ☐ 0.8 cup cooking wine dry red
- ☐ 0.8 pound ground sirloin
- ☐ 0.7 cup milk 2% reduced-fat
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 12 ounces pasta like spaghetti uncooked
- ☐ 26 ounce spaghetti sauce low-fat traditional (such as Healthy Choice Pasta Sauce)

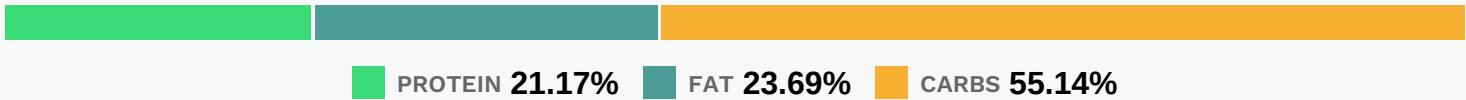
Equipment

☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ While pasta cooks, heat a large nonstick skillet over medium-high heat.
- ☐ Add the beef; cook until browned, stirring to crumble.
- ☐ Drain beef, and set aside.
- ☐ Add onion and garlic to pan; saut 3 minutes.
- ☐ Add wine; cook 3 minutes or until liquid almost evaporates.
- ☐ Stir in beef and spaghetti sauce; bring to a boil. Reduce heat, and simmer 5 minutes, stirring occasionally. Stir in the milk, salt, and pepper; cook 3 minutes, stirring occasionally.
- ☐ Serve sauce over pasta.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:19.8, Inflammation Score:-7, Nutrition Score:17.733913022539%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 412.49kcal (20.62%), Fat: 10.28g (15.82%), Saturated Fat: 3.88g (24.23%), Carbohydrates: 53.86g (17.95%), Net Carbohydrates: 49.7g (18.07%), Sugar: 8.36g (9.29%), Cholesterol: 40.65mg (13.55%), Sodium: 830.53mg

(36.11%), Alcohol: 3.15g (100%), Alcohol %: 1.24% (100%), Protein: 20.68g (41.35%), Selenium: 46.5µg (66.43%), Manganese: 0.73mg (36.36%), Phosphorus: 271.19mg (27.12%), Zinc: 3.8mg (25.31%), Vitamin B3: 4.88mg (24.41%), Vitamin B12: 1.37µg (22.82%), Vitamin B6: 0.45mg (22.74%), Potassium: 740.36mg (21.15%), Copper: 0.36mg (18%), Iron: 3.19mg (17.74%), Fiber: 4.16g (16.63%), Magnesium: 64.69mg (16.17%), Vitamin B2: 0.26mg (15.13%), Vitamin E: 2.06mg (13.71%), Vitamin C: 11.02mg (13.35%), Vitamin A: 559.78IU (11.2%), Vitamin B5: 1.07mg (10.7%), Vitamin B1: 0.13mg (8.63%), Calcium: 77.96mg (7.8%), Folate: 31.09µg (7.77%), Vitamin K: 4.55µg (4.33%)