



Spaghetti with Quick Meat Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



578 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 ounce canned tomatoes crushed undrained canned
- ☐ 2 carrots chopped
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves chopped
- ☐ 0.8 pound ground sirloin
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 0.3 cup parmesan cheese grated

- ☐ 0.5 teaspoon pepper
- ☐ 8 ounces pasta like spaghetti uncooked

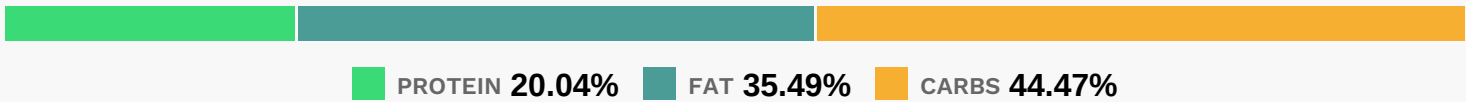
Equipment

- ☐ sauce pan

Directions

- ☐ Cook pasta according to package directions. Meanwhile, heat the oil in a large saucepan over medium heat.
- ☐ Add the onion, carrots, and garlic; cook, stirring occasionally, for 8–10 minutes or until soft.
- ☐ Increase the heat to medium–high.
- ☐ Add the ground sirloin, salt, and pepper; cook, breaking up the ground sirloin with a spoon, for 4–5 minutes or until ground sirloin is no longer pink.
- ☐ Add tomatoes, and simmer, stirring occasionally, for about 5 minutes or until the sauce thickens. Stir in the parsley.
- ☐ Serve pasta with the sauce, and sprinkle with the Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:61.96, Glycemic Load:23.07, Inflammation Score:-10, Nutrition Score:35.823043253111%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg

Nutrients (% of daily need)

Calories: 577.97kcal (28.9%), Fat: 23.1g (35.55%), Saturated Fat: 7.2g (45%), Carbohydrates: 65.13g (21.71%), Net Carbohydrates: 57.72g (20.99%), Sugar: 13.37g (14.85%), Cholesterol: 63.27mg (21.09%), Sodium: 894.08mg (38.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.35g (58.7%), Vitamin K: 143.61µg (136.77%), Vitamin

A: 6210.1IU (124.2%), Selenium: 53.1µg (75.86%), Manganese: 1.06mg (52.95%), Vitamin C: 33.27mg (40.33%), Vitamin B6: 0.79mg (39.53%), Vitamin B3: 7.8mg (39.01%), Phosphorus: 384.31mg (38.43%), Zinc: 5.65mg (37.7%), Potassium: 1173.68mg (33.53%), Iron: 5.85mg (32.5%), Vitamin B12: 1.93µg (32.17%), Copper: 0.63mg (31.71%), Fiber: 7.42g (29.67%), Vitamin E: 4.17mg (27.78%), Magnesium: 99.21mg (24.8%), Vitamin B2: 0.33mg (19.14%), Vitamin B1: 0.28mg (18.96%), Calcium: 180.59mg (18.06%), Folate: 65.89µg (16.47%), Vitamin B5: 1.46mg (14.55%)