



Spaghetti with Zesty Bolognese

READY IN



30 min.

SERVINGS



30

CALORIES



99 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz tomato sauce canned
- 14.5 oz canned tomatoes diced undrained canned
- 2 Tbsp philadelphia cream cheese
- 1 lb ground beef
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 small onion chopped
- 0.3 cup parmesan cheese grated kraft
- 0.8 lb pasta like spaghetti uncooked

Equipment

frying pan

Directions

- Cook and stir onions in dressing in large skillet on medium heat 5 min. or until crisp-tender.
- Add meat; cook on medium-high heat until evenly browned, stirring frequently. Stir in tomato sauce and tomatoes. Bring to boil; simmer on medium-low heat 15 min., stirring frequently.
- Meanwhile, cook spaghetti as directed on package, omitting salt.
- Remove sauce from heat.
- Add cream cheese; stir until melted.
- Drain pasta; place on platter. Top with sauce and Parmesan.

Nutrition Facts



Properties

Glycemic Index:4.7, Glycemic Load:3.71, Inflammation Score:-2, Nutrition Score:3.7852173888165%

Flavonoids

Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 98.73kcal (4.94%), Fat: 4.24g (6.52%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 10.38g (3.46%), Net Carbohydrates: 9.63g (3.5%), Sugar: 1.48g (1.65%), Cholesterol: 12.44mg (4.15%), Sodium: 134.75mg (5.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.38%), Selenium: 9.96µg (14.23%), Manganese: 0.14mg (6.78%), Zinc: 0.89mg (5.92%), Phosphorus: 59.04mg (5.9%), Vitamin B12: 0.34µg (5.62%), Vitamin B3: 1.08mg (5.38%), Vitamin B6: 0.1mg (4.97%), Potassium: 141.83mg (4.05%), Iron: 0.72mg (4.03%), Copper: 0.07mg (3.48%), Magnesium: 12.92mg (3.23%), Vitamin B2: 0.05mg (3.04%), Fiber: 0.75g (3.01%), Vitamin C: 2.45mg (2.97%), Vitamin E: 0.43mg (2.85%), Vitamin K: 2.22µg (2.11%), Calcium: 20.43mg (2.04%), Vitamin A: 98.35IU (1.97%), Vitamin B5: 0.2mg (1.96%), Vitamin B1: 0.03mg (1.88%), Folate: 6.05µg (1.51%)