



## Spaghetti with Zesty Bolognese Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



401 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

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

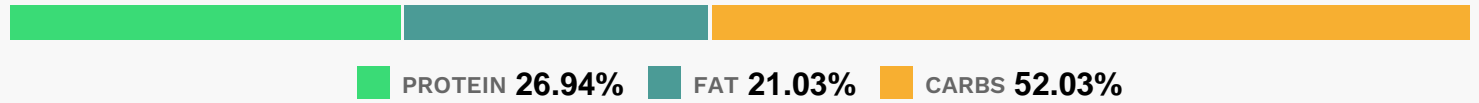
## Equipment

- bowl
- 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 browned, stirring frequently. Stir in tomato sauce and tomatoes. Bring to boil; simmer on medium-low 15 min., stirring occasionally.
- Meanwhile, cook spaghetti as directed on package, omitting salt.
- Remove sauce from heat.
- Add Neufchatel; stir until melted.
- Drain spaghetti; place in large bowl. Top with sauce and Parmesan.

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:18.52, Inflammation Score:-6, Nutrition Score:19.881304269252%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

## Nutrients (% of daily need)

Calories: 400.75kcal (20.04%), Fat: 9.3g (14.31%), Saturated Fat: 3.47g (21.68%), Carbohydrates: 51.81g (17.27%), Net Carbohydrates: 48.05g (17.47%), Sugar: 7.38g (8.2%), Cholesterol: 54.14mg (18.05%), Sodium: 674.28mg (29.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.82g (53.63%), Selenium: 51.34µg (73.35%), Zinc: 5.15mg (34.31%), Manganese: 0.68mg (33.91%), Phosphorus: 327.07mg (32.71%), Vitamin B3: 6.35mg (31.74%), Vitamin B12: 1.76µg (29.41%), Vitamin B6: 0.55mg (27.4%), Iron: 3.96mg (21.98%), Potassium: 767.72mg (21.93%), Copper: 0.36mg (18.01%), Magnesium: 68.46mg (17.11%), Vitamin B2: 0.26mg (15.57%), Fiber: 3.76g (15.04%),

Vitamin C: 12.24mg (14.83%), Vitamin E: 2.02mg (13.45%), Vitamin B5: 1.09mg (10.86%), Calcium: 96.43mg (9.64%),  
Vitamin K: 9.94µg (9.47%), Vitamin A: 468.28IU (9.37%), Vitamin B1: 0.14mg (9.29%), Folate: 29µg (7.25%)