



WHATSheATE



Spanish Spaghetti with Olives



Dairy Free

READY IN



37 min.

SERVINGS



4

CALORIES



418 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon capers
- ☐ 0.5 teaspoon celery salt
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup cooking sherry dry
- ☐ 8 ounces extra-lean ground beef
- ☐ 0.3 cup parsley fresh divided chopped
- ☐ 2 teaspoons garlic minced

- ☐ 1.7 cups lower-sodium marinara sauce (such as Amy's)
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup pimiento-stuffed olives sliced
- ☐ 8 ounces pasta like spaghetti thin

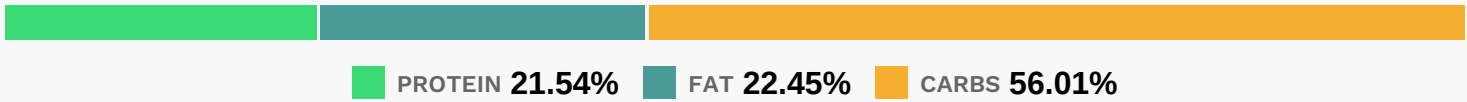
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add onion to pan; saut 4 minutes or until tender.
- ☐ Add garlic; saut 1 minute. Stir in oregano, celery salt, red pepper, black pepper, and saffron, if desired. Crumble beef into pan; cook 5 minutes or until beef is browned, stirring to crumble. Stir in marinara sauce, olives, sherry, capers, and 3 tablespoons parsley. Bring to a boil; reduce heat, and simmer 15 minutes.
- ☐ Add spaghetti to sauce mixture. Cook 2 minutes or until thoroughly heated.
- ☐ Sprinkle with remaining 1 tablespoon parsley.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:20.68, Inflammation Score:-9, Nutrition Score:22.931304200836%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg

8.09mg, Apigenin: 8.09mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 19.73mg, Quercetin: 19.73mg, Quercetin: 19.73mg, Quercetin: 19.73mg

Nutrients (% of daily need)

Calories: 418.28kcal (20.91%), Fat: 10.26g (15.78%), Saturated Fat: 2.36g (14.73%), Carbohydrates: 57.59g (19.2%), Net Carbohydrates: 51.82g (18.84%), Sugar: 8.86g (9.84%), Cholesterol: 35.15mg (11.72%), Sodium: 1142.59mg (49.68%), Alcohol: 1.54g (100%), Alcohol %: 0.58% (100%), Protein: 22.15g (44.3%), Vitamin K: 71.27µg (67.88%), Selenium: 47.17µg (67.39%), Manganese: 0.83mg (41.6%), Phosphorus: 279.55mg (27.95%), Zinc: 4.16mg (27.71%), Vitamin B6: 0.54mg (27.11%), Vitamin B3: 5.35mg (26.76%), Fiber: 5.77g (23.08%), Potassium: 798.43mg (22.81%), Vitamin C: 18.62mg (22.57%), Iron: 3.89mg (21.61%), Vitamin B12: 1.27µg (21.17%), Vitamin E: 3.04mg (20.28%), Copper: 0.4mg (20.04%), Magnesium: 73.86mg (18.47%), Vitamin A: 874.99IU (17.5%), Vitamin B2: 0.23mg (13.46%), Folate: 45.53µg (11.38%), Vitamin B5: 1.06mg (10.65%), Vitamin B1: 0.15mg (9.85%), Calcium: 77.68mg (7.77%)