 **6%**  
HEALTH SCORE

## Speedy Spaghetti

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



284 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.5 teaspoon pepper black
- 16 ounce tomato sauce canned
- 0.5 pinch basil dried
- 1 teaspoon parsley dried
- 0.5 pound ground beef
- 1 small onion chopped
- 1.5 teaspoons salt
- 4 ounces pasta like spaghetti uncooked

1.5 cups water

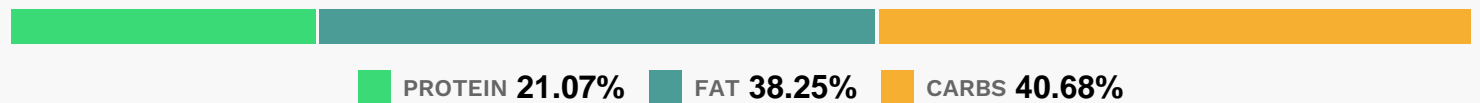
## Equipment

frying pan

## Directions

- In a large skillet over medium heat, brown the ground beef with the onion until all pink is gone; drain.
- Stir in tomato sauce, water, salt, parsley, basil and pepper; mix well.
- Heat until sauce boils. Break spaghetti in half and drop into sauce a little at a time. Cover and turn to low.
- Cook until spaghetti is tender, approximately 20 to 25 minutes. Stir occasionally to keep from sticking to pan and from noodles sticking together.
- Add water, 1/2 to 1 cup, if it starts to dry out and noodles are not cooked.

## Nutrition Facts



## Properties

Glycemic Index:36.5, Glycemic Load:10.85, Inflammation Score:-6, Nutrition Score:13.186956358993%

## Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

## Nutrients (% of daily need)

Calories: 284.4kcal (14.22%), Fat: 12.14g (18.68%), Saturated Fat: 4.49g (28.06%), Carbohydrates: 29.06g (9.69%), Net Carbohydrates: 26.03g (9.47%), Sugar: 5.54g (6.16%), Cholesterol: 40.26mg (13.42%), Sodium: 1454.65mg (63.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.05g (30.09%), Selenium: 27.21µg (38.87%), Manganese: 0.46mg (22.92%), Zinc: 3.07mg (20.49%), Vitamin B12: 1.21µg (20.22%), Vitamin B3: 4.03mg (20.17%), Phosphorus: 179.7mg (17.97%), Vitamin B6: 0.36mg (17.91%), Potassium: 586.11mg (16.75%), Iron: 2.74mg (15.24%), Copper: 0.27mg (13.74%), Vitamin E: 1.92mg (12.79%), Fiber: 3.02g (12.09%), Magnesium: 45.75mg (11.44%), Vitamin

C: 9.27mg (11.23%), Vitamin B2: 0.18mg (10.7%), Vitamin A: 494.15IU (9.88%), Vitamin B5: 0.78mg (7.84%), Vitamin K: 7.19µg (6.84%), Folate: 23.08µg (5.77%), Vitamin B1: 0.09mg (5.71%), Calcium: 43.45mg (4.35%)