



The Best and Easiest Spaghetti

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



651 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon ground turmeric
- ☐ 1 pound ground beef lean
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 12 ounces pasta like spaghetti
- ☐ 2.5 tablespoons tomato paste
- ☐ 0.3 cup vegetable oil
- ☐ 0.7 cup water

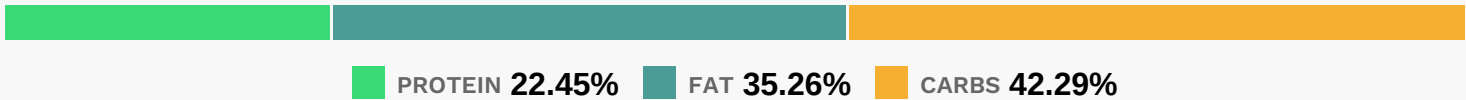
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a medium skillet.
- ☐ Add chopped onions, and cook until tender.
- ☐ Add ground beef, and brown. Stir in salt and turmeric. Dilute tomato paste in water, and add to the beef mixture. Cook for 30 minutes over medium heat.
- ☐ Cook spaghetti in a large kettle of boiling salted water according to package directions.
- ☐ Drain well.
- ☐ Combine beef mixture and noodles in a large kettle. Cover, and cook over medium heat for 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:26.77, Inflammation Score:-8, Nutrition Score:23.768260862516%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 651.12kcal (32.56%), Fat: 25.21g (38.78%), Saturated Fat: 5.58g (34.89%), Carbohydrates: 68.05g (22.68%), Net Carbohydrates: 64.42g (23.43%), Sugar: 4.66g (5.18%), Cholesterol: 70.31mg (23.44%), Sodium: 452.75mg (19.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.11g (72.23%), Selenium: 74.16µg (105.94%), Zinc: 7.09mg (47.27%), Manganese: 0.87mg (43.37%), Vitamin B12: 2.54µg (42.34%), Phosphorus: 401.88mg (40.19%), Vitamin B3: 8.02mg (40.11%), Vitamin K: 35.1µg (33.43%), Vitamin B6: 0.62mg (31.11%), Iron: 4.22mg (23.43%), Potassium: 726.78mg (20.77%), Magnesium: 77.62mg (19.4%), Copper: 0.39mg (19.38%), Vitamin E: 2.34mg (15.58%), Vitamin B2: 0.26mg (15.1%), Fiber: 3.63g (14.5%), Vitamin B5: 1.14mg (11.43%), Vitamin B1: 0.14mg (9.46%), Folate: 27.45µg (6.86%), Vitamin C: 4.26mg (5.16%), Calcium: 39.58mg (3.96%), Vitamin A: 153.05IU

(3.06%)