



Weird Spaghetti

READY IN



150 min.

SERVINGS



8

CALORIES



427 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 4 cups beef stock low-sodium
- ☐ 1 pound bucatini noodles salted boiled drained
- ☐ 0.8 teaspoon cocoa powder
- ☐ 2.5 teaspoons mustard dry
- ☐ 2.5 teaspoons ground cinnamon
- ☐ 2.5 teaspoons ground cloves
- ☐ 2.5 teaspoons ground cumin
- ☐ 0.5 teaspoon kosher salt

- ☐ 2 pounds ground beef lean ()
- ☐ 1 teaspoon nutmeg freshly grated
- ☐ 1 onion diced finely
- ☐ 0.3 cup parmigiano-reggiano freshly grated
- ☐ 2.5 teaspoons powdered ginger
- ☐ 1.5 cups tomato sauce
- ☐ 2 tablespoons worcestershire sauce

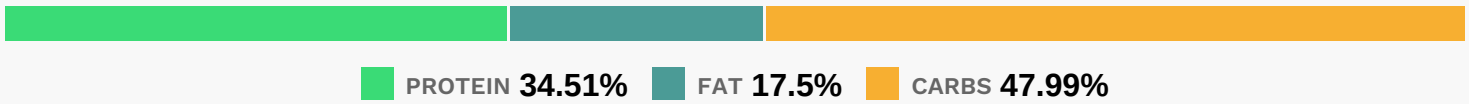
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large saute pan over medium heat, brown the ground beef while breaking the mass into smaller pieces. While the meat is cooking and still a little pink, add the onion and saute until the beef is fully cooked and the onion turns translucent.
- ☐ Drain all of the fat from the pan.
- ☐ Add all the dry spices and cook for 2 to 3 minutes more, then stir in the tomato sauce. Once combined, incorporate the beef stock, vinegar and Worcestershire sauce. Bring to a simmer and cook for 1 hour.
- ☐ Put the cooked bucatini in a serving bowl and add the meat sauce.
- ☐ Garnish with Parmigiano-Reggiano and serve.

Nutrition Facts



Properties

Glycemic Index:32.63, Glycemic Load:18.2, Inflammation Score:-5, Nutrition Score:24.359565066255%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 426.54kcal (21.33%), Fat: 8.18g (12.58%), Saturated Fat: 3.43g (21.41%), Carbohydrates: 50.44g (16.81%), Net Carbohydrates: 46.85g (17.03%), Sugar: 5.02g (5.58%), Cholesterol: 72.43mg (24.14%), Sodium: 788.13mg (34.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.28g (72.56%), Selenium: 59.84µg (85.49%), Manganese: 1.35mg (67.43%), Zinc: 7.12mg (47.49%), Vitamin B3: 8.89mg (44.46%), Vitamin B12: 2.58µg (42.96%), Phosphorus: 421.43mg (42.14%), Vitamin B6: 0.67mg (33.42%), Iron: 5.23mg (29.07%), Potassium: 972.35mg (27.78%), Vitamin B2: 0.38mg (22.47%), Magnesium: 82.64mg (20.66%), Copper: 0.4mg (20.11%), Fiber: 3.6g (14.39%), Vitamin B5: 1.16mg (11.59%), Vitamin B1: 0.17mg (11.33%), Calcium: 102.19mg (10.22%), Vitamin E: 1.19mg (7.92%), Folate: 27.15µg (6.79%), Vitamin C: 4.91mg (5.96%), Vitamin A: 238.37IU (4.77%), Vitamin K: 3.11µg (2.96%)