



Zucchini Beef Spaghetti

READY IN



45 min.

SERVINGS



6

CALORIES



408 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes whole undrained chopped canned
- ☐ 6 cups pasta like spaghetti cooked (without salt or fat)
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 cups mushrooms fresh sliced
- ☐ 4 cloves garlic minced
- ☐ 1 pound ultra-lean ground beef
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon oregano dried whole
- ☐ 2 tablespoons parmesan cheese grated

- ☐ 0.5 teaspoon salt
- ☐ 6 ounce no-salt-added tomato paste canned
- ☐ 1 cup water
- ☐ 0.5 cup zucchini shredded finely
- ☐ 2 cups zucchini thinly sliced

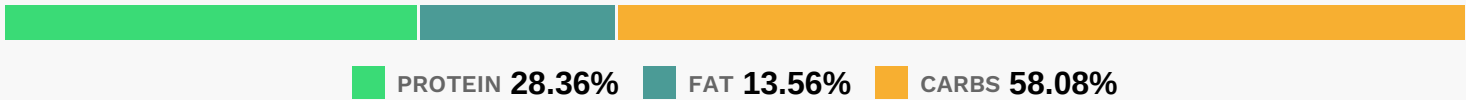
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Coat a large nonstick skillet with cooking spray; place over medium heat until hot. Cook ground beef over medium heat until browned, stirring until it crumbles.
- ☐ Drain and pat dry with paper towels. Wipe drippings from skillet with a paper towel.
- ☐ Coat skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add mushrooms and next 5 ingredients; saute 5 minutes, stirring frequently. Stir in beef, tomato, water, tomato paste, and dried oregano. Bring to a boil; cover, reduce heat, and simmer 10 to 15 minutes or to desired consistency.
- ☐ Serve over cooked spaghetti; top with shredded zucchini and cheese.
- ☐ Garnish with fresh oregano sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:42.58, Glycemic Load:24.16, Inflammation Score:-8, Nutrition Score:25.516086878984%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 407.55kcal (20.38%), Fat: 6.21g (9.55%), Saturated Fat: 2.34g (14.63%), Carbohydrates: 59.84g (19.95%), Net Carbohydrates: 53.35g (19.4%), Sugar: 10.35g (11.5%), Cholesterol: 48.32mg (16.11%), Sodium: 599.21mg (26.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.22g (58.45%), Selenium: 56.14µg (80.2%), Manganese: 0.86mg (43.18%), Vitamin B3: 7.88mg (39.41%), Zinc: 5.41mg (36.1%), Vitamin B6: 0.71mg (35.49%), Phosphorus: 345.6mg (34.56%), Iron: 5.91mg (32.86%), Potassium: 1103.87mg (31.54%), Vitamin C: 25.04mg (30.35%), Copper: 0.58mg (29.13%), Vitamin B12: 1.73µg (28.81%), Fiber: 6.49g (25.95%), Vitamin B2: 0.42mg (24.92%), Magnesium: 84.79mg (21.2%), Vitamin E: 2.54mg (16.96%), Vitamin B5: 1.51mg (15.11%), Vitamin A: 728.47IU (14.57%), Vitamin B1: 0.19mg (12.94%), Folate: 49.77µg (12.44%), Vitamin K: 11.64µg (11.09%), Calcium: 90.72mg (9.07%)