



A Nutrition Resource

SPAGHETTI WITH SPAGHETTI SEASONING MIX

Yield: 5 Servings | Serving Size: 2/3 cup sauce and 1 cup noodles

Cost/serving: \$1.61

Ingredients:

- 1-pound lean ground beef (15% fat or less)
- 1 (16-ounce) can tomato sauce (no salt added) OR 1 can tomato paste and 3 cans water
- 1/3 cup *Spaghetti Seasoning Mix*
- 8 ounces whole wheat spaghetti noodles, cooked

Directions:

- 1) Brown ground beef in a frying pan or skillet.
- 2) Add tomato sauce and seasoning mix.
- 3) Cook for 10 to 15 minutes or until steaming hot. Serve over cooked noodles.



Nutrition Facts

5 servings per container
Serving size 2/3 cup sauce, 1 cup noodles (312g)

Amount per serving	
Calories	410
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 6g	30%
Trans Fat 1g	
Cholesterol 60mg	20%
Sodium 280mg	12%
Total Carbohydrate 45g	16%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 5mg	30%
Potassium 735mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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