



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Italian Spaghetti a la carte ♦♦

Italian spaghetti is a classic pasta dish that originated in Italy. It is typically made with spaghetti noodles, a tomato-based sauce, and various ingredients such as meatballs, sausage, or vegetables. The dish is often served with grated Parmesan cheese and fresh basil. It is a popular choice for dinner and is enjoyed by people of all ages.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 30 mins

**Total Time:** 50 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>400 g</b>	Spaghetti noodles
<b>2 c</b>	tomato sauce
<b>250 g</b>	Ground Beef
<b>1</b> <b>medium</b>	onion

<b>2 cloves</b>	garlic
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper
<b>50 g</b>	parmesan cheese
<b>10 leaves</b>	Fresh Basil

## Directions

---

### Step 1

#### Boiling

Cook the spaghetti noodles according to the package instructions.

**Prep Time:** 10 mins

**Cook Time:** 10 mins

---

### Step 2

#### Sautéing

In a large skillet, heat the olive oil over medium heat. Add the onion and garlic, and cook until softened.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

---

### Step 3

#### Frying

Add the ground beef to the skillet and cook until browned. Drain any excess fat.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

---

### Step 4

#### Simmering

Pour the tomato sauce into the skillet and stir to combine. Season with salt and black pepper to taste. Simmer for 10 minutes.

**Prep Time:** 2 mins

**Cook Time:** 10 mins

---

### Step 5

#### Plating

Serve the cooked spaghetti noodles with the sauce. Top with grated Parmesan cheese and fresh basil leaves.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

---

**Calories:** 300 kcal

**Fat:** 15 g

**Protein:** 20 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Cuisines

Italian French Japanese Mediterranean German

### Nutritional Content

High Protein

### Course

Side Dishes Desserts Salads Soups Snacks Sauces & Dressings

### Cultural

Chinese New Year Cinco de Mayo Halloween

### Cost

Under \$10 \$10 to \$20 \$30 to \$40 Over \$50

### Demographics

Kids Friendly

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Medium

Visit our website: [healthdor.com](http://healthdor.com)