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Simple Spaghetti and Meat Sauce ♦

A classic Italian dish consisting of spaghetti noodles and a flavorful meat sauce. It is a popular comfort food enjoyed by people of all ages.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Spaghetti noodles
500 g	Ground Beef
2 c	tomato sauce
1 medium	onion
3 cloves	garlic

2 tbsp	olive oil
1 tsp	salt
0.5 tsp	black pepper
1 tsp	dried oregano
50 g	grated parmesan cheese

Directions

Step 1

Boiling

Cook spaghetti noodles according to package instructions. Drain and set aside.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Sautéing

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

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Frying

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

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Simmering

Stir in tomato sauce, salt, black pepper, and dried oregano. Simmer for 10 minutes.

Prep Time: 2 mins

Cook Time: 10 mins

Step 5

Serving

Serve the meat sauce over cooked spaghetti noodles. Sprinkle with grated Parmesan cheese.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

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

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	200 iu	22.22%	28.57%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	150 mg	15%	15%
Iron	4 mg	50%	22.22%
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Cuisines

Italian French Mediterranean American

Course

Side Dishes Sauces & Dressings

Cultural

Easter

Cost

\$10 to \$20

Demographics

Teen Friendly Heart Healthy

Diet

Volumetrics Diet Vegetarian Diet Pescatarian Diet Lacto-Ovo Vegetarian Diet

The Gerson Therapy The Swiss Secret Diet The Beverly Hills Diet

The Sleeping Beauty Diet The F-Plan Diet The Israeli Army Diet

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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