



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	
<b>Calories</b>	<b>410</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 16g	<b>21%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 1g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 45g	<b>16%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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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