



A Nutrition Resource

BASIC MEAT SPAGHETTI SAUCE

Yield: 4 Servings

Cost/Serving: \$1.75

Ingredients:

- 1 package BASIC MEAT MIX, thawed
- 2 (8-ounce) cans unsalted tomato sauce
- 2 teaspoons Italian seasoning

Directions:

- 1) Mix all ingredients in a medium pan.
- 2) Heat thoroughly and serve with any type of cooked pasta.

Tips:

- Use whole wheat pasta.
- Add lightly cooked chopped or sliced mushrooms, peppers, zucchini, tomatoes, or garlic to you sauce.
- Undercook your choice of pasta and bake in a 350°F oven for 30 minutes to create a casserole.

Nutrition Facts

4 servings per container
Serving size (154g)

Amount per serving
Calories 90

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 75mg	3%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 2mg	10%
Potassium 118mg	2%

*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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