



Skinny Spaghetti Bolognese by Essbevee - Nutritional Breakdown

	WW Points	Calories
500g Extra Lean Beef Mince	16	630
320g Spaghetti (uncooked weight)	23	1139
1 Stock Cube (Veg, Beef or Chicken) made with 200ml hot water	1	9
1 jar black olives	3	150
175ml (a glass) red wine	4	112
1 tbsp sweet chilli sauce	1	60
2 cartons Passata	0	290
1 can chopped Tomatoes	0	94
2 large Onions, chopped	0	126
4 small Carrots, grated	0	118
2 Peppers, chopped	0	85
250g mushrooms, chopped	0	55
4 sticks celery, chopped	0	17
4 cloves garlic, crushed/chopped	0	18
2 tsp smoked Paprika	0	2
3 tbsp balsamic vinegar	0	30
1 tbsp artificial sweetener	0	8
Pinch of oregano, rosemary, basil	0	15
1/2 tsp chilli	0	4
Salt & Pepper to taste		

48	2962
6	370

Total per dish

**Total per portion
(serves 8)**