



Alice Jo's Spaghetti Sauce

 Dairy Free

READY IN

ready

55 min.

SERVINGS

servings

8

CALORIES

calories

487 kcal

SAUCE

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 14.5 ounce canned tomatoes canned
- ☐ 1 clove garlic chopped
- ☐ 1 bell pepper green chopped
- ☐ 1.5 pounds ground beef
- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 1 large onion chopped
- ☐ 1 teaspoon salt

- ☐ 8 servings serving suggestion: spaghetti your favorite
- ☐ 2 tablespoons sugar
- ☐ 12 ounce tomato paste canned
- ☐ 1 cup water
- ☐ 1 tablespoon worcestershire sauce

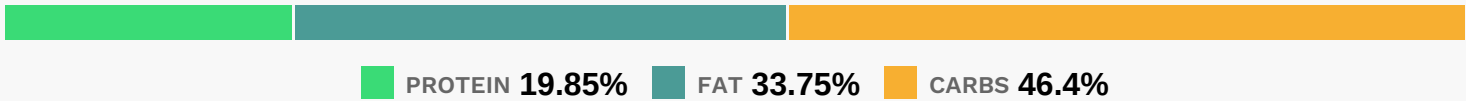
Equipment

- ☐ pot

Directions

- ☐ Brown the beef in a large, heavy bottomed pot, then drain off the fat.
- ☐ Add the onion, green pepper, and garlic and saute until the onion is tender, about 5 minutes.
- ☐ Add the tomato paste, tomato sauce, stewed tomatoes, seasonings, and water. Simmer for 30 minutes.
- ☐ Let cool. The sauce will keep for several days covered and refrigerated.
- ☐ Serve with spaghetti or your favorite pasta.

Nutrition Facts



Properties

Glycemic Index:38.14, Glycemic Load:21.79, Inflammation Score:-6, Nutrition Score:21.182174011417%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 486.51kcal (24.33%), Fat: 18.29g (28.13%), Saturated Fat: 6.76g (42.23%), Carbohydrates: 56.56g (18.85%), Net Carbohydrates: 51.71g (18.8%), Sugar: 11.02g (12.25%), Cholesterol: 60.38mg (20.13%), Sodium: 639.91mg (27.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.2g (48.4%), Selenium: 49.09µg (70.12%),

Manganese: 0.8mg (40.24%), Zinc: 4.74mg (31.61%), Vitamin B3: 6.12mg (30.58%), Vitamin B12: 1.82µg (30.33%), Vitamin C: 24.38mg (29.55%), Vitamin B6: 0.59mg (29.49%), Phosphorus: 289.11mg (28.91%), Iron: 4.31mg (23.97%), Potassium: 793.76mg (22.68%), Copper: 0.45mg (22.49%), Fiber: 4.85g (19.39%), Magnesium: 72.9mg (18.22%), Vitamin E: 2.17mg (14.45%), Vitamin B2: 0.24mg (14.29%), Vitamin B1: 0.18mg (12.31%), Vitamin K: 12.45µg (11.85%), Vitamin B5: 1.06mg (10.63%), Folate: 37.51µg (9.38%), Calcium: 82.8mg (8.28%), Vitamin A: 392.41IU (7.85%)