



American Meat Sauce

 Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



10

CALORIES



235 kcal

SAUCE

Ingredients

- 56 ounce tomatoes whole crushed canned
- 2 large celery stalks diced
- 1 bay leaf dried
- 3 cloves garlic chopped
- 1 large bell pepper diced green stemmed seeded
- 1.5 pounds ground beef chuck
- 10 servings kosher salt and pepper black freshly ground
- 1 tablespoon olive oil

- 1 large onion diced
- 0.5 teaspoon oregano dried
- 1 tablespoon sugar
- 6 ounce tomato paste canned
- 1 tablespoon worcestershire sauce

Equipment

- pot
- dutch oven

Directions

- Heat the olive oil in a large pot or Dutch oven over medium heat.
- Add the onion and cook, stirring occasionally, until the onion becomes translucent but does not get any color, about 10 minutes. Increase the heat to medium-high, add the bell pepper, celery, garlic, a generous pinch of salt and a few grinds of pepper and cook, stirring occasionally, until tender, about 10 minutes.
- Add the beef, a generous pinch of salt and a few grinds of pepper to the pot and cook, stirring to break the meat into small bits, until browned, about 10 minutes. Stir in the tomato paste and oregano and cook, stirring, for 3 minutes.
- Add the Worcestershire sauce, tomatoes with their juices, sugar and bay leaf. Bring to a boil, reduce to a simmer and cook, stirring occasionally, until thickened, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:24.41, Glycemic Load:1.64, Inflammation Score:-5, Nutrition Score:13.34043482853%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg

Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 234.84kcal (11.74%), Fat: 15.32g (23.57%), Saturated Fat: 5.47g (34.18%), Carbohydrates: 11.74g (3.91%), Net Carbohydrates: 9.19g (3.34%), Sugar: 6.95g (7.72%), Cholesterol: 48.31mg (16.1%), Sodium: 319.13mg (13.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.59g (27.18%), Vitamin C: 31.16mg (37.77%), Vitamin B6: 0.49mg (24.47%), Vitamin B12: 1.46µg (24.27%), Vitamin B3: 4.34mg (21.69%), Zinc: 3.18mg (21.19%), Iron: 3.33mg (18.53%), Potassium: 604.58mg (17.27%), Phosphorus: 153.64mg (15.36%), Selenium: 10.7µg (15.28%), Vitamin E: 1.86mg (12.4%), Vitamin B2: 0.21mg (12.36%), Manganese: 0.23mg (11.7%), Copper: 0.21mg (10.37%), Fiber: 2.55g (10.19%), Vitamin K: 9.9µg (9.43%), Magnesium: 36.56mg (9.14%), Vitamin B1: 0.13mg (8.88%), Calcium: 78.25mg (7.83%), Folate: 24.89µg (6.22%), Vitamin B5: 0.62mg (6.21%), Vitamin A: 291.18IU (5.82%)