



## Beefy Slow-cooker Spaghetti Sauce

 **Gluten Free**  **Dairy Free**

READY IN



**380 min.**

SERVINGS



**20**

CALORIES



**166 kcal**

SAUCE

### Ingredients

- 58 oz tomatoes diced italian-style undrained canned
- 15 oz tomato sauce canned
- 3 lb chuck roast boneless trimmed
- 2 teaspoons basil dried
- 2 garlic cloves minced
- 2 tablespoons olive oil
- 1 large onion chopped
- 2 teaspoons oregano dried

- 1 teaspoon pepper dried red crushed
- 2 teaspoons salt divided
- 1 tablespoon sugar
- 12 oz tomato paste canned

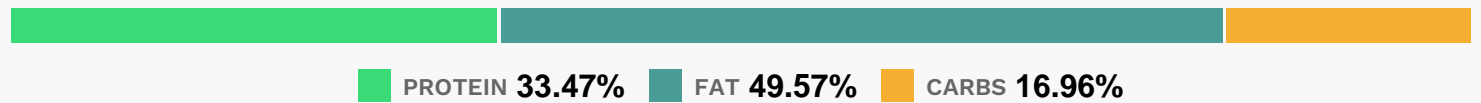
## Equipment

- frying pan
- slow cooker

## Directions

- Sprinkle roast evenly with 1 tsp. salt. Cook roast in hot oil in a large skillet over medium-high heat 3 minutes on each side or until browned.
- Combine minced garlic, remaining 1 tsp. salt, and next 8 ingredients in a 6-qt. slow cooker; gently add roast.
- Cook, covered, on HIGH 6 hours or until roast is very tender.
- Remove roast from slow cooker, and shred using 2 forks. Skim off any fat from tomato sauce, if desired, and return shredded meat to sauce.
- Serve over hot cooked spaghetti, if desired.
- Note: Freeze spaghetti sauce in airtight containers for up to 6 weeks, if desired.

## Nutrition Facts



## Properties

Glycemic Index:10.75, Glycemic Load:1.32, Inflammation Score:-5, Nutrition Score:11.996086916198%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

## Nutrients (% of daily need)

Calories: 166.17kcal (8.31%), Fat: 9.47g (14.56%), Saturated Fat: 3.67g (22.91%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 5.53g (2.01%), Sugar: 4.4g (4.89%), Cholesterol: 46.95mg (15.65%), Sodium: 530.61mg (23.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.38g (28.76%), Zinc: 5.36mg (35.72%), Vitamin B12: 1.86µg (30.96%), Vitamin B6: 0.42mg (20.82%), Selenium: 14.44µg (20.64%), Vitamin B3: 3.98mg (19.91%), Phosphorus: 158.9mg (15.89%), Iron: 2.85mg (15.83%), Potassium: 512.76mg (14.65%), Vitamin C: 11.35mg (13.76%), Vitamin B2: 0.17mg (10.13%), Vitamin E: 1.5mg (9.97%), Vitamin K: 8.84µg (8.42%), Copper: 0.16mg (8.11%), Manganese: 0.16mg (8.04%), Magnesium: 30.79mg (7.7%), Fiber: 1.76g (7.02%), Vitamin B1: 0.1mg (6.97%), Vitamin B5: 0.64mg (6.42%), Calcium: 54.01mg (5.4%), Vitamin A: 267.64IU (5.35%), Folate: 14.99µg (3.75%)