



36%
HEALTH SCORE

Chef Lyle's Homemade Spaghetti Sauce

 Gluten Free

READY IN



285 min.

SERVINGS



8

CALORIES



749 kcal

SAUCE

Ingredients

- 6 leaves basil dried fresh such as basil, they can be stacked, then rolled and sliced across the) or 1 tablespoon basil
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- 56 ounce canned tomatoes whole canned
- 3 tablespoons capers rinsed drained
- 2 carrots
- 2 stalks celery
- 2 cups wine dry red

- 6 large garlic clove pressed
- 1 lb ground round
- 1 teaspoon pepper fresh black
- 1 lb ground pork
- 1 lb ground sausage italian
- 1.5 teaspoons seasoning italian
- 1.5 tablespoons kosher salt
- 2 ounces olive oil
- 2 large onion chopped
- 1 tablespoon oregano fresh
- 6 tablespoons parmesan
- 4 portabello mushrooms fresh chopped
- 1 teaspoon pepper red
- 2.5 lbs roma tomatoes diced
- 0.3 cup sherry vinegar
- 0.3 cup sugar
- 18 ounces tomato paste
- 96 ounces water

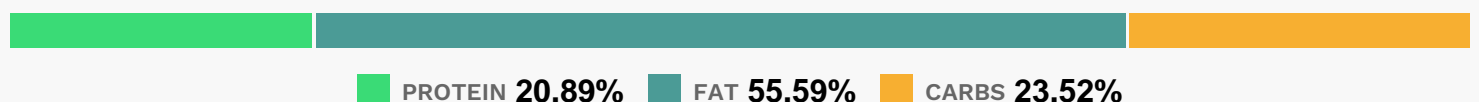
Equipment

- frying pan
- sauce pan
- oven
- pot
- sieve
- roasting pan
- broiler
- stove

Directions

- In a sieve over a medium non-reactive saucepot, strain the tomatoes of their juice into the sauce pot.
- Add the sherry vinegar, sugar, red pepper flakes, oregano, and basil to the tomato juice. Stir and cook over high heat. Once bubbles begin to form on the surface, reduce to a simmer. Allow liquid to reduce by 1/2 or until liquid has thickened to a loose syrup consistency. Squeeze each tomato thoroughly to ensure most seeds are removed.
- Cut carrot, onion, and celery into uniform sizes and combine with olive oil and garlic in a non-reactive roasting pan over low heat. Sweat the mirepoix until the carrots are tender and the onion becomes translucent, 15 to 20 minutes.
- Add the tomatoes and capers to the roasting pan.
- Place roasting pan on the middle rack of the oven and broil for 15 to 20 minutes, stirring every 5 minutes. Tomatoes should start to brown slightly on edges with light caramelization.
- Remove the pan from the broiler.
- Place the pan over 2 burners on the stove.
- Add 1/2 cup of the wine to the tomatoes and cook for 2 to 3 more minutes over medium heat, and set aside. In a large 10 quart saucepan over medium heat, saut the ground beef, pork and sausage until browned.
- Remove from pan and set aside.
- Drain off excess fat reserving approximately 2 tablespoons.
- Add back the meat, tomatoes and remaining ingredients and reserved fat and stir until smooth. Simmer for 3 to 4 hours on low heat, stirring often to prevent scorching.
- Add more water as needed to thin sauce and adjust seasonings to taste. Meat is used mostly to flavor the sauce so if desired you will need more for future meals.

Nutrition Facts



Properties

Glycemic Index:65.74, Glycemic Load:11.76, Inflammation Score:-10, Nutrition Score:43.901304571525%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 4.4mg, Kaempferol: 4.4mg, Kaempferol: 4.4mg, Kaempferol: 4.4mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 15.06mg, Quercetin: 15.06mg, Quercetin: 15.06mg, Quercetin: 15.06mg

Nutrients (% of daily need)

Calories: 749.37kcal (37.47%), Fat: 44.73g (68.82%), Saturated Fat: 14.97g (93.56%), Carbohydrates: 42.58g (14.19%), Net Carbohydrates: 33.78g (12.28%), Sugar: 26.08g (28.98%), Cholesterol: 123.32mg (41.11%), Sodium: 2776.08mg (120.7%), Alcohol: 6.3g (100%), Alcohol %: 0.72% (100%), Protein: 37.82g (75.65%), Vitamin A: 5148.66IU (102.97%), Selenium: 50.41µg (72.01%), Vitamin C: 58.39mg (70.77%), Vitamin B3: 13.64mg (68.19%), Vitamin B1: 1mg (66.97%), Vitamin B6: 1.25mg (62.65%), Potassium: 2166.49mg (61.9%), Phosphorus: 506.11mg (50.61%), Vitamin E: 6.53mg (43.51%), Zinc: 6.46mg (43.07%), Vitamin K: 44.88µg (42.74%), Iron: 7.59mg (42.15%), Manganese: 0.8mg (40.16%), Copper: 0.8mg (40.05%), Vitamin B2: 0.66mg (38.75%), Vitamin B12: 2.23µg (37.2%), Fiber: 8.8g (35.21%), Magnesium: 111.86mg (27.96%), Calcium: 223.02mg (22.3%), Folate: 84.96µg (21.24%), Vitamin B5: 2.1mg (20.95%), Vitamin D: 0.2µg (1.34%)