



WHATSheATE

Divine Spaghetti Sauce



Dairy Free

READY IN



390 min.

SERVINGS



8

CALORIES



375 kcal

SAUCE

Ingredients

- ☐ 4 bay leaves
- ☐ 56 ounce tomatoes whole peeled canned
- ☐ 4 stalks celery chopped
- ☐ 2 tablespoons basil fresh chopped
- ☐ 15 mushrooms fresh sliced
- ☐ 3 cloves garlic minced
- ☐ 2 bell peppers green chopped
- ☐ 5 tablespoons penzey's southwest seasoning italian

- ☐ 1 pound ground beef lean
- ☐ 1 large onion chopped
- ☐ 1 bell pepper red chopped
- ☐ 1 teaspoon pepper flakes dried red
- ☐ 1 pound pasta like spaghetti
- ☐ 12 ounce tomato paste canned

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a large skillet, brown beef over medium heat until no longer pink; cut up any remaining chunks of beef and reserve.
- ☐ In a large saucepan, combine whole tomatoes and paste; mash until smooth. Cover and heat on low.
- ☐ In a large skillet over medium heat, quickly sear onion and celery until transparent; add to tomato sauce in saucepan. In same skillet, saute bell peppers and mushrooms for a few minutes, but do not allow them to become soft; add to tomato sauce.
- ☐ Add Italian seasoning, dried red pepper flakes, bay leaves, basil and garlic to tomato sauce; add beef and mix.
- ☐ Remove cover, simmer over low heat and continue to simmer all day, stirring occasionally.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Add sauce to pasta; serve.

Nutrition Facts



☐ PROTEIN 25.04% ☐ FAT 10.59% ☐ CARBS 64.37%

Properties

Glycemic Index:39.75, Glycemic Load:19.06, Inflammation Score:-9, Nutrition Score:30.656956833342%

Flavonoids

Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 374.68kcal (18.73%), Fat: 4.53g (6.96%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 61.92g (20.64%), Net Carbohydrates: 54.02g (19.64%), Sugar: 11.41g (12.68%), Cholesterol: 35.15mg (11.72%), Sodium: 405.95mg (17.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.09g (48.18%), Vitamin C: 68.66mg (83.22%), Selenium: 50.18µg (71.69%), Manganese: 1.06mg (53.02%), Vitamin B6: 0.83mg (41.33%), Vitamin B3: 7.93mg (39.63%), Vitamin K: 38.89µg (37.04%), Iron: 6.25mg (34.7%), Phosphorus: 330.48mg (33.05%), Potassium: 1152.87mg (32.94%), Fiber: 7.9g (31.59%), Copper: 0.61mg (30.29%), Zinc: 4.52mg (30.14%), Vitamin B2: 0.47mg (27.38%), Magnesium: 94.54mg (23.63%), Vitamin A: 1146.45IU (22.93%), Vitamin B12: 1.29µg (21.42%), Vitamin E: 3.18mg (21.2%), Vitamin B1: 0.27mg (18.15%), Folate: 69.34µg (17.33%), Vitamin B5: 1.71mg (17.1%), Calcium: 164.51mg (16.45%)