



Field Grade Spaghetti Sauce

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



224 kcal

SAUCE

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4.5 ounce mushrooms canned drained
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 2 teaspoons basil leaves dried crushed
- ☐ 1 ounce onion soup mix dry
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 pinch ground allspice

- ☐ 1 pinch ground cinnamon
- ☐ 2 pounds ground beef lean
- ☐ 0.5 cup red wine
- ☐ 0.5 teaspoon salt
- ☐ 6 ounce tomato paste canned
- ☐ 1 cup water

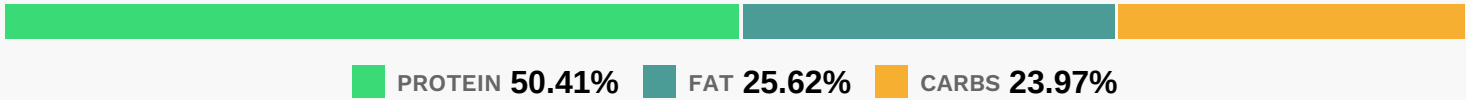
Equipment

- ☐ frying pan

Directions

- ☐ In a large skillet, brown the meat with the garlic over medium heat. Stir in the wine; simmer, stirring often, for 10 minutes.
- ☐ Mix in dry onion soup mix, mushrooms, basil, salt and pepper, cinnamon, allspice, parsley, crushed tomatoes, tomato paste, and water. Cover pan almost completely, allowing space for steam to escape, and simmer 1 hour.
- ☐ Add additional water if needed to prevent sticking.

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:2.62, Inflammation Score:-6, Nutrition Score:19.827826012736%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 223.55kcal (11.18%), Fat: 6.1g (9.38%), Saturated Fat: 2.62g (16.37%), Carbohydrates: 12.83g (4.28%), Net Carbohydrates: 9.73g (3.54%), Sugar: 5.96g (6.62%), Cholesterol: 70.31mg (23.44%), Sodium: 734.86mg (31.95%), Alcohol: 1.59g (100%), Alcohol %: 0.67% (100%), Protein: 26.99g (53.97%), Vitamin B12: 2.54µg (42.34%), Zinc: 6.32mg (42.13%), Vitamin B3: 8.08mg (40.41%), Vitamin K: 35.84µg (34.14%), Vitamin B6: 0.68mg (33.92%), Selenium: 21.44µg (30.62%), Phosphorus: 287.38mg (28.74%), Iron: 4.85mg (26.92%), Potassium: 829.67mg (23.7%), Copper: 0.38mg (18.75%), Manganese: 0.34mg (17.09%), Vitamin C: 13.45mg (16.3%), Vitamin B2: 0.27mg (15.79%), Magnesium: 58.53mg (14.63%), Vitamin E: 1.87mg (12.46%), Vitamin B5: 1.24mg (12.41%), Fiber: 3.1g (12.4%), Vitamin B1: 0.16mg (10.94%), Vitamin A: 388.71IU (7.77%), Calcium: 69.89mg (6.99%), Folate: 26.5µg (6.62%)