



## Frank's Famous Spaghetti Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



94 kcal

SAUCE

### Ingredients

- 30 ounce tomato sauce canned
- 14.5 ounce canned tomatoes canned
- 1 pinch basil dried
- 4 mushrooms fresh sliced
- 3 cloves garlic minced
- 1 bell pepper green chopped
- 12 servings ground pepper black to taste
- 1 pound pd of ground turkey

- 1 tablespoon olive oil
- 1 onion chopped
- 1 pinch oregano dried
- 6 ounce tomato paste canned

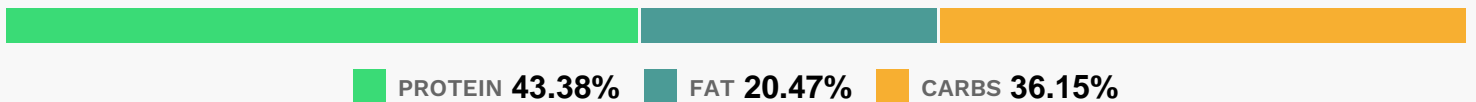
## Equipment

- frying pan

## Directions

- In a large skillet over medium heat, saute onions, green bell pepper and garlic in olive oil until onions are translucent and the peppers are tender.
- Add the mushrooms, ground turkey, basil, oregano and ground black pepper; fry stirring frequently until the turkey is done.
- Add the can of stewed tomatoes with liquid and reduce heat; simmering until the tomatoes are soft and begin to fall apart.
- Add the tomato sauce and stir; add tomato paste to thicken. Simmer on very low heat for about 15 minutes.
- Serve over you favorite pasta.

## Nutrition Facts



## Properties

Glycemic Index:21.42, Glycemic Load:2.56, Inflammation Score:-5, Nutrition Score:10.419565257819%

## Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

## Nutrients (% of daily need)

Calories: 93.86kcal (4.69%), Fat: 2.31g (3.56%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 9.19g (3.06%), Net Carbohydrates: 6.74g (2.45%), Sugar: 5.42g (6.03%), Cholesterol: 20.79mg (6.93%), Sodium: 420.38mg (18.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.02g (22.05%), Vitamin B3: 5.27mg (26.37%), Vitamin B6: 0.52mg (25.85%), Vitamin C: 18.44mg (22.36%), Potassium: 522.49mg (14.93%), Selenium: 9.85µg (14.07%), Phosphorus: 132.36mg (13.24%), Vitamin E: 1.87mg (12.48%), Copper: 0.23mg (11.44%), Manganese: 0.23mg (11.38%), Iron: 1.79mg (9.97%), Fiber: 2.45g (9.8%), Vitamin A: 458.71IU (9.17%), Magnesium: 34.76mg (8.69%), Vitamin B2: 0.14mg (8.53%), Vitamin B5: 0.81mg (8.14%), Vitamin K: 7.68µg (7.32%), Zinc: 1.03mg (6.87%), Vitamin B1: 0.09mg (6.25%), Folate: 19.88µg (4.97%), Calcium: 34.63mg (3.46%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.16µg (1.1%)