



 **24%**  
HEALTH SCORE

## Grandma's Meat Sauce

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

READY IN



**180 min.**

SERVINGS



**12**

CALORIES



**345 kcal**

SAUCE

## Ingredients

- 1 bay leaves
- 28 ounce tomato sauce canned
- 56 ounce canned tomatoes whole crushed peeled canned
- 0.5 teaspoon parsley dried
- 4 cloves garlic chopped
- 0.5 teaspoon garlic powder
- 0.5 teaspoon pepper black
- 1 pound sausage sweet italian sliced

- 1 tablespoon seasoning italian
- 1 tablespoon olive oil
- 0.5 teaspoon oregano dried
- 1 pound round steak cubed
- 1 pound ground veal cubed
- 1 pound ground veal cubed

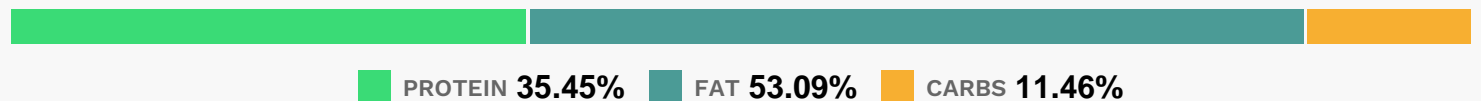
## Equipment

- frying pan

## Directions

- Heat the olive oil in a skillet over medium heat, and cook the sausage, round steak, and veal 10 minutes, until evenly browned.
- Remove meat from skillet and drain, reserving about 1 tablespoon drippings.
- Stir the garlic into the skillet with the reserved meat drippings, and cook about 3 minutes over medium heat.
- Place the crushed tomatoes into the skillet. Season with Italian seasoning, bay leaf, garlic powder, oregano, pepper, and parsley. Cook 15 minutes.
- Mix the tomato sauce into the skillet, and continue cooking 15 minutes.
- Return the meat to the skillet. Reduce heat to low, and simmer 2 hours, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:12.5, Glycemic Load:1.32, Inflammation Score:-6, Nutrition Score:21.306956622912%

## Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

0.68mg, Quercetin: 0.68mg

## **Nutrients (% of daily need)**

Calories: 344.72kcal (17.24%), Fat: 20.34g (31.29%), Saturated Fat: 7.21g (45.06%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 7.29g (2.65%), Sugar: 5.54g (6.15%), Cholesterol: 114.53mg (38.18%), Sodium: 863.01mg (37.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.56g (61.11%), Vitamin B3: 11.14mg (55.69%), Vitamin B6: 0.91mg (45.34%), Selenium: 27.04µg (38.62%), Vitamin B12: 2.07µg (34.52%), Phosphorus: 337mg (33.7%), Zinc: 4.97mg (33.15%), Potassium: 925.08mg (26.43%), Vitamin B2: 0.45mg (26.42%), Vitamin B1: 0.39mg (26%), Iron: 4.02mg (22.34%), Vitamin C: 18.02mg (21.85%), Vitamin B5: 1.81mg (18.11%), Copper: 0.33mg (16.31%), Vitamin E: 2.42mg (16.16%), Magnesium: 59.23mg (14.81%), Manganese: 0.28mg (13.78%), Fiber: 2.58g (10.34%), Vitamin K: 10.16µg (9.68%), Vitamin A: 450.86IU (9.02%), Folate: 35.61µg (8.9%), Calcium: 86.37mg (8.64%)