



Ground Beef-Tomato Sauce



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



5

CALORIES



434 kcal

SAUCE

Ingredients

- ☐ 16 ounce basil canned
- ☐ 8 ounce tomato sauce canned
- ☐ 1 teaspoon pepper red crushed
- ☐ 1 bell pepper green chopped
- ☐ 3 pounds ground beef lean
- ☐ 1 large onion chopped
- ☐ 1 teaspoon salt
- ☐ 6 ounce tomato paste canned

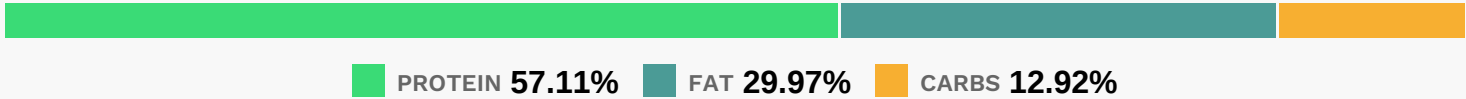
Equipment

☐ dutch oven

Directions

- ☐ Cook first 3 ingredients in a Dutch oven over medium-high heat, stirring until beef crumbles and is no longer pink; drain. Return beef mixture to Dutch oven.
- ☐ Stir in tomato sauces and remaining ingredients. Cover and simmer, stirring occasionally, 20 minutes.
- ☐ Remove from heat, and cool 10 minutes.
- ☐ Spoon beef mixture into zip-top plastic freezer bags; seal and freeze up to 2 months.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:3.72, Inflammation Score:-8, Nutrition Score:35.740434563678%

Flavonoids

Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 434.29kcal (21.71%), Fat: 14.24g (21.91%), Saturated Fat: 6.23g (38.93%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 10.07g (3.66%), Sugar: 8.21g (9.13%), Cholesterol: 168.74mg (56.25%), Sodium: 1343.11mg (58.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.05g (122.1%), Vitamin B12: 6.1µg (101.6%), Zinc: 14.34mg (95.63%), Vitamin B3: 16.91mg (84.56%), Selenium: 48.61µg (69.44%), Vitamin B6: 1.35mg (67.45%), Phosphorus: 601.16mg (60.12%), Iron: 8.44mg (46.91%), Potassium: 1538.83mg (43.97%), Vitamin C: 34.01mg (41.23%), Vitamin B2: 0.56mg (33.11%), Magnesium: 93.08mg (23.27%), Vitamin B5: 2.33mg (23.26%), Copper: 0.46mg (23%), Vitamin E: 3.39mg (22.62%), Vitamin A: 869.62IU (17.39%), Manganese: 0.31mg (15.54%), Fiber: 3.74g (14.97%), Vitamin B1: 0.2mg (13.21%), Folate: 38.47µg (9.62%), Vitamin K: 8.73µg (8.32%), Calcium: 66mg (6.6%), Vitamin D: 0.27µg (1.81%)